



Menu for Week 1

July 2017

<i>Meal</i>	<i>Monday 3</i>	<i>Tuesday 4</i>	<i>Wednesday 5</i>	<i>Thursday 6</i>	<i>Friday 7</i>
<i>Breakfast 8:00</i>	Oatmeal/French Toast/Yogurt Peaches Milk/Water	Chex Cereal/Toast Yogurt Apples Milk/Water	Pancakes Yogurt/Turkey Sausage Orange Milk/Water	Oatmeal, French Toast/Yogurt Pineapples Milk/Water	Cheerios/Muffin/Toast Blueberries Milk/Water
<i>Lunch 11:30</i>	Chicken Breast Corn Bread Carrots Orange Milk/Water	Roasted Turkey Baked Potatoes or Corn Rolls Mixed fruit Milk/Water	Spaghetti w/Turkey meat sauce Peaches Milk/Water	Turkey Burger w/Bun Grn Beans Mixed Fruit Milk/Water	Chuck Roast Roll Scallop Potatoes or Cucumbers Banana Milk/Water
<i>Dinner 3:30pm</i>	Grilled Cheese on Wheat Applesauce Peas&Carrots Milk/Water	Chicken Tortillas Raw Carrots Banana Milk/Water	Chicken Salad Sand. Celery Oranges Milk/Water	Turkey Ham Salad Rolls Grapes Milk/Water	Meat Loaf or Yogurt Mashed Potatoes Apple Corn Bread Milk/Water

All Meals are served Family style, with either milk, or water.

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. All juice served is 100% full-strength fruit juice. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.

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Menu for Week 2

July 2017

Meal	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<i>Breakfast 8:30am</i>	Raisin Bread/Yogurt Peaches Milk/Water	Toast/Waffles Turkey sausage Milk/Water Apple	Boiled Egg Muffin/Toast Blueberries Milk/Water	Cheerios Yogurt Grapefruit/Grapes Milk/Water	Boiled Egg Toast Blueberries Milk/Water
<i>Lunch 11:30am</i>	Chkn Noodle Soup Carrots Orange Milk/Water	Chicken Breast Peas&corn Strawberries Milk/Water	Noodles Corn Bread Peas &Corn Apple Sauce Milk/water	Crackers & Ham Broccoli Peaches Milk/Water	Pizza(miniatures) Orange Milk/Water
<i>Dinner 3:30pm</i>	Chicken Breast Mac&Cheese Mix Veg Pineapples Milk/Water	Fish Sticks Corn Bread Baked Potatoes Celery sticks Milk/Water	Potatoes Pancakes Turkey Sausage Strawberries Milk/Water	Turkey Burger on Bun Baked Potatoes Mixed Fruit Milk/Water	Hot Dog w/Bun Baked Beans Celery Grapes Milk/Water

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Menu for Week 3

July 2017

<i>Meal</i>	<i>Monday 17</i>	<i>Tuesday 18</i>	<i>Wednesday 19</i>	<i>Thursday 20</i>	<i>Friday 21</i>
<i>Breakfast 8:30am</i>	Cheerios/Toast Blueberries Milk/Water	Eggs Toast Peaches Milk/Water	Chex Cereal Apples Milk/Water	Pancakes & Turkey Sausage Pineapple Milk/Water	French Toast Sticks/ Mango Milk/Water
<i>Lunch 11:30am</i>	Chkn Noodle Soup Carrots Strawberries Milk/Water	Ham & Ritz Crker Broccoli Peaches Milk/Water	Meat Loaf Sweet Potatoes French Bread Pineapple Milk/Water	Rotisserie Chkn Corn Wheat Rolls Strawberries Milk/Water	Pizza Peaches Milk/Water
<i>Dinner 3:30pm</i>	Grilled Cheese on Wheat Peas&Carrots Apple Milk/Water	Tuna & Crkrs Celery Orange Milk/Water	Turkey Hotdogs w/ Bun Cucumbers Peaches Milk/Water	Chkn Breast Ramen Noodles Peas Grapes Milk/Water	Chili Corn Tortilla Chips Salad Applesauce Milk/Water

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Menu for Week 4

July 2017

<i>Meal</i>	<i>Monday 24</i>	<i>Tuesday 25</i>	<i>Wednesday 26</i>	<i>Thursday 27</i>	<i>Friday 28</i>
<i>Breakfast 8:00</i>	Raisin Bread/Yogurt Peaches Milk/Water	Yogurt/Cheerios Blueberries Milk/Water	French Toast or Yogurt Strawberries Milk/Water	Pancakes Turkey Sausage Orange Milk/Water	Corn Flakes/Grahams or Yogurt Banana Milk/Water
<i>Lunch 11:30am</i>	Baked Chkn French Rolls Baked Potatoes Pineapples Milk/Water	Turkey Hot Dog w/bun Baked beans Peaches Milk/Water	Chkn Wingettes Corn Bread Grn Beans Grapes Milk/Water	Roasted Turkey Sand. Salad Pineapple Milk/Water	Spaghetti w/Turkey meat sauce Mango Milk/Water
<i>Dinner 3:30pm</i>	Stir Fry Chkn Brst or Beef Sweet Potatoes Rolls Mixed fruit Milk/Water	Roasted Chkn Yellow Rice Broccoli Apple Sauce Milk/Water	Round Stk Squash Corn Bread Apple Milk/Water	Honey Baked Turkey Salad Ritz Crackers Pineapple Milk/Water	Salmon Rolls Carrots Grapes Milk/Water

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Menu for Week 1

July/Aug 2017

<i>Meal</i>	<i>Monday 31</i>	<i>Tuesday 1</i>	<i>Wednesday 2</i>	<i>Thursday 3</i>	<i>Friday 4</i>
<i>Breakfast 8:00</i>	Oatmeal/French Toast/Yogurt Peaches Milk/Water	Chex Cereal/Toast Yogurt Apples Milk/Water	Pancakes Yogurt/Turkey Sausage Orange Milk/Water	Oatmeal, French Toast/Yogurt Pineapples Milk/Water	Cheerios/Muffin/Toast Blueberries Milk/Water
<i>Lunch 11:30</i>	Chicken Breast Corn Bread Carrots Orange Milk/Water	Roasted Turkey Baked Potatoes or Corn Rolls Mixed fruit Milk/Water	Spaghetti w/Turkey meat sauce Peaches Milk/Water	Turkey Burger w/Bun Grn Beans Mixed Fruit Milk/Water	Chuck Roast Roll Scallop Potatoes or Cucumbers Banana Milk/Water
<i>Dinner 3:30pm</i>	Grilled Cheese on Wheat Applesauce Peas&Carrots Milk/Water	Chicken Tortillas Raw Carrots Banana Milk/Water	Chicken Salad Sand. Celery Oranges Milk/Water	Turkey Ham Salad Rolls Grapes Milk/Water	Meat Loaf or Yogurt Mashed Potatoes Apple Corn Bread Milk/Water

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Menu for Week 2

Aug 2017

<i>Meal</i>	<i>Monday 7</i>	<i>Tuesday 8</i>	<i>Wednesday 9</i>	<i>Thursday 10</i>	<i>Friday 11</i>
<i>Breakfast 8:30am</i>	Raisin Bread/Yogurt Peaches Milk/Water	Toast/Waffles Turkey sausage Milk/Water Apple	Boiled Egg Muffin/Toast Blueberries Milk/Water	Cheerios Yogurt Grapefruit/Grapes Milk/Water	Boiled Egg Toast Blueberries Milk/Water
<i>Lunch 11:30am</i>	Chkn Noodle Soup Carrots Orange Milk/Water	Chicken Breast Peas&corn Strawberries Milk/Water	Noodles Corn Bread Peas &Corn Apple Sauce Milk/water	Crackers & Ham Broccoli Peaches Milk/Water	Pizza(miniatures) Orange Milk/Water
<i>Dinner 3:30pm</i>	Chicken Breast Mac&Cheese Mix Veg Pineapples Milk/Water	Fish Sticks Corn Bread Baked Potatoes Celery sticks Milk/Water	Potatoes Pancakes Turkey Sausage Strawberries Milk/Water	Turkey Burger on Bun Baked Potatoes Mixed Fruit Milk/Water	Hot Dog w/Bun Baked Beans Celery Grapes Milk/Water

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Menu for Week 3

Aug 2017

Meal	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<i>Breakfast 8:30am</i>	French Toast Apple Milk/Water	Eggs or Yogurt Strawberries Milk/Water	Wheat Toast Pineapples Milk/Water	Oatmeal Peaches Milk/Water	Cheerios Bananas Milk/Water
<i>Lunch 11:30am</i>	Grilled Cheese on Wheat Peas & Corn Grapes Milk/Water	Turkey Ham on Wheat Broccoli Pineapple Milk/Water	Tuna & Wheat Crkr Orange Milk/Water	Baked Chkn Potatoes Rolls Grn Beans Blue Berries Milk/Water	Pizza Peaches Milk/Water
<i>Dinner 3:30pm</i>	Roast Chkn Noodles Corn Bread Mixed fruit Milk/Water	Grilled Chkn Baked Potatoes Roll Apple Milk/Water	Turkey Burger w/Bun Grn Beans Peaches Milk/Water	Ham & Crkrs Lettuce & Tomatoes Blueberries Milk/Water	Noodles Chkn Breast Peas Grapes Milk/Water

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Menu for Week 4

Aug 2017

<i>Meal</i>	<i>Monday 21</i>	<i>Tuesday 22</i>	<i>Wednesday 23</i>	<i>Thursday 24</i>	<i>Friday 25</i>
<i>Breakfast 8:30am</i>	Cheerios/Toast Blueberries Milk/Water	Eggs Toast Peaches Milk/Water	Chex Cereal Apples Milk/Water	Pancakes & Turkey Sausage Pineapple Milk/Water	French Toast Sticks/ Mango Milk/Water
<i>Lunch 11:30am</i>	Chkn Noodle Soup Carrots Strawberries Milk/Water	Ham & Ritz Crker Broccoli Peaches Milk/Water	Meat Loaf Sweet Potatoes French Bread Pineapple Milk/Water	Rotisserie Chkn Corn Wheat Rolls Strawberries Milk/Water	Pizza Peaches Milk/Water
<i>Dinner 3:30pm</i>	Grilled Cheese on Wheat Peas&Carrots Apple Milk/Water	Tuna & Crkrs Celery Orange Milk/Water	Turkey Hotdogs w/ Bun Cucumbers Peaches Milk/Water	Chkn Breast Ramen Noodles Peas Grapes Milk/Water	Chili Corn Tortilla Chips Salad Applesauce Milk/Water

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Menu for Week 5

Aug/Sept 2017

Meal	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1
<i>Breakfast 8:00</i>	Raisin Bread/Yogurt Peaches Milk/Water	Yogurt/Cheerios Blueberries Milk/Water	French Toast or Yogurt Strawberries Milk/Water	Pancakes Turkey Sausage Orange Milk/Water	Corn Flakes/Grahams or Yogurt Banana Milk/Water
<i>Lunch 11:30am</i>	Baked Chkn French Rolls Baked Potatoes Pineapples Milk/Water	Turkey Hot Dog w/bun Baked beans Peaches Milk/Water	Chkn Wingettes Corn Bread Grn Beans Grapes Milk/Water	Roasted Turkey Sand. Salad Pineapple Milk/Water	Spaghetti w/Turkey meat sauce Mango Milk/Water
<i>Dinner 3:30pm</i>	Stir Fry Chkn Brst or Beef Sweet Potatoes Rolls Mixed fruit Milk/Water	Roasted Chkn Yellow Rice Broccoli Apple Sauce Milk/Water	Round Stk Squash Corn Bread Apple Milk/Water	Honey Baked Turkey Salad Ritz Crackers Pineapple Milk/Water	Salmon Rolls Carrots Grapes Milk/Water

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