

# July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Whole Grain Cereal & Fruit	<b>Independence Day</b> <b>No School</b>	Honey Oat Bagel w/Cream Cheese & Fruit	Whole Grain Croissant w/Jelly & Fruit	Yogurt Parfait w/ Fresh Fruit & Granola
Meatballs w/Marinara w/Whole Grain Pasta w/Garden Salad, Carrots & French Dressing Fruit		Chicken Nachos w/Cheddar Cheese w/Baked Tortilla Chips w/Salsa & Corn Fruit	Whole Grain Chicken Nuggets w/BBQ Dipping Sauce w/Garden Salad, Tomatoes, Cucumbers & Ranch Fruit	Cheese Lasagna w/ Brocoli  Fruit
Gold Fish, Fruit, Milk/Water		Yogurt, Fruit, Water	Cereal, Fruit, Milk/Water	Animal Cracker , Fruit, Milk/Water
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Whole Grain Cereal & Fruit	Apple Cinnamon Muffin & Fruit	Cinnamon Bagel w/Cream Cheese & Fruit	Whole Grain Croissant w/jelly & fruit	Yogurt Parfait w/ Fresh Fruit & Granola
Fajita Style Chicken w/Black Beans w/Whole Grain Soft Tortillas  Fruit	Shepherd's Pie w/Garden Salad, Carrots & French w/Wheat Roll Fruit	Chicken Pot Pie w/Wheat Bread w/Broccoli  Fruit	General Tso's Chicken w/Brown Rice w/Garden Salad & Tomatoes Fruit	Pasta w/ Meat Sauce w/Broccoli  Fruit
Animal Cracker , Fruit, Milk/Water	Yogurt, Fruit, Water	Cereal, Fruit, Milk/Water	Gold Fish, Fruit, Milk/Water	Edamame, Fruit, Milk/Water
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Whole Grain Cereal & Fruit	Blueberry Muffin & Fruit	Honey Oat Bagel w/Cream Cheese & Fruit	Whole Grain Croissant w/jelly & fruit	Yogurt Parfait w/ Fresh Fruit & Granola
Hamburger w/ketchup on whole wheat bun w/ Home Fries w/Lettuce & Sliced Tomatoes Fruit	Chicken & Broccoli Alfredo w/whole Grain Pasta w/Garden Salad, Carrots & French Fruit	BBQ Chicken Sandwich w/Whole Wheat Hamburger Bun w/Mixed Vegetables Fruit	Chicken Parmesan w/Whole Grain Pasta w/Garden Salad, Tomatoes  Fruit	Three Bean Chilli w/Shredded Cheddar w/ Baked Tortilla Chips w/Broccoli Fruit
Gold Fish, Fruit, Milk/Water	Cereal, Fruit, Milk/Water	Animal Cracker , Fruit, Milk/Water	Yogurt, Fruit, Water	Oatmeal, Fruit, Milk/Water
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Whole Grain Cereal & Fruit	Banana Muffin & Fruit	Cinnamon Bagel w/Cream Cheese & Fruit	Whole Grain Croissant w/jelly & fruit	Yogurt Parfait w/ Fresh Fruit & Granola
Caribbean Chicken w/Brown Rice & Beans w/Spinach  Fruit	Asian Rice Bowl w/Chicken & Stir Fry Veggies w/Brown Rice w/Garden Salad, Carrots & French Fruit	Macaroni & Cheese w/Green Peas  Fruit	Breaded Chicken Sandwich w/Hamburger Bun w/Garden Salad & Tomatoes  Fruit	Cheese Tortellini w/Marinara Sauce w/Broccoli Fruit
Animal Cracker , Fruit, Milk/Water	Gold Fish, Fruit, Milk/Water	Cereal, Fruit, Milk/Water	Sweet Potato, Fruit, Milk/Water	Pancake, Fruit, Milk/Water
<b>31</b>				
Whole Grain Cereal & Fruit				
Beef Tacos w/Whole Grain Soft Tortillas w/Corn Fruit				
Gold Fish, Fruit, Milk/Water				
				<b>Notes:</b> <div style="background-color: #ffff00; padding: 2px;">Breakfast</div> <div style="background-color: #00a0c0; padding: 2px;">Lunch</div> <div style="background-color: #c0c0c0; padding: 2px;">Snack</div>