



July 2010 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	Waffles w/ Syrup Bacon Milk	Cheese Omelettes w/ Toast Milk	Pancakes w/ Syrup Milk	Scrambled Eggs & Cheese w/ Toast Milk	French Toast Milk
<u>Entree & Vegetable</u>					<u>Sandwiches</u>
Week 1 (07/05 — 07/09)	Ravioli w/Mixed Vegetables	Fish Sticks w/ Rice	Hot Dogs w/Tater Tots	Pizza w/ Green Beans	Turkey w/ Yogurt
Week 2 (07/12 — 07/16)	Macaroni & Cheese w/ Mixed Vegeta- bles	Chicken Nuggets w/ Corn	Italian Ziti w/ Green Beans	Baked Chicken Breast w/ Tater Tots	Grilled Cheese w/ Fruit Bar
Week 3 (07/19 — 07/23)	Cheese Quesadilla w/ Rice	Turkey Meatloaf w/ Carrots	Alfredo Pasta w/ Mixed Vegetables	Pizza w/ Green Beans	Turkey w/ Yogurt
Week 4 (07/26 — 07/30)	Corn Dogs w/ Carrots	Macaroni & Cheese w/ Mixed Vegetables	Fish Sticks w/ Rice	Chicken Nuggets w/ Corn	Grilled Cheese w/ Fruit Bar
<u>Lunch Dessert & Beverage</u>	Pears Milk	Peaches Milk	Applesauce Milk	Pineapple Tidbits Milk	Mixed Fruit Milk
<u>Snacks</u>					
Weeks 1 & 3 AM Weeks 2 & 4 PM (AM snack is served with water)	Graham Crackers	Cheese & Crackers	Animal Crackers	Cheerios	Pretzels (Ritz Crackers for tod- dlers)
Weeks 2 & 4 AM Weeks 1 & 3 PM (PM snack is served with juice)	Gold Fish	Vanilla Wafers	Cheez-It Crackers	Chocolate Chip Cookies (Gold Fish for toddlers)	Sugar Cookies