

Breakfast K-5

July 2023

MON

TUE

WED

THU

FRI

3
Cinnamon Crips Bar
Raisins & 100% Grape Juice

4
Independence Day Holiday

5
Strawberry Yogurt
Graham Crackers
Apple Slices & Diced Pineapple

6
Multi-Grain Cinnamon Flakes
Graham Crackers
Raisins & 100% Grape Juice

7
Plain Bagel
Cream Cheese
Apple Slices & 100% Orange Juice

10
Multi-Grain Frosted Flakes
Graham Crackers
Diced Peaches & 100% Grape Juice

11
Strawberry Yogurt
Graham Crackers
Apple Slices & Diced Pineapple

12
Banana Muffin
Raisins & Applesauce

13
Reduced Sugar Cinnamon Toast Crunch
Graham Crackers
Apple Slices & 100% Orange Juice

14
Cinnamon Crips Bar
Raisins & 100% Grape Juice

17
Cherry Cocoa Bar
Fresh Pear & 100% Pineapple Juice

18
Strawberry Yogurt
Graham Crackers
Apple Slices & Diced Pineapple

19
Honey Cheerios
Graham Crackers
Diced Peaches & 100% Grape Juice

20
Plain Bagel
Cream Cheese
Apple Slices & 100% Orange Juice
Last day of ESY

21
Cinnamon Bar
Raisin Juice

24
Cocoa Bar
Fresh Pear
Pineapple Juice
Last day of Summer Boost

25

26

27

28

Did You Know?

- **All grain products are whole grain rich**
- **There are no pork products on this menu**
- **Meats are lean and cheeses are low fat**
- **All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup**



Breakfast Pre-K

July 2023

MON	TUE	WED	THU	FRI
3 Frosted Corn Flakes 100% Juice	4 Independence day Holiday	5 Rice Chex 100% Apple Juice	6 Cinnamon Raisin Bagel Apple Slices	7 Banana Muffin 100% Fruit Juice
10 Blueberry Muffin 100% Fruit Juice	11 Multi-Grain Cheerios Apple Slices	12 Corn Muffin Fresh Apple	13 4 oz Yogurt Apple Slices	14 Cheerios 100% Grape Juice
17 Multi-Grain Frosted Flakes 100% Grape Juice	18 4 oz Yogurt Apple Slices	19 Rice Chex 100% Apple Juice	20 Cinnamon Raisin Bagel Apple Slices Last day of summer school	21 No Pre-K Meals
24 No Pre-K Meals	25	26	27	28

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Lunch K-5

July 2023

MON

TUE

WED

THU

FRI

3
Cheese Beef Burger w/ Ketchup
(WW Bun)
Roasted Potatoes
Apple Slices

4
**Independence
day Holiday**

5
Beef Meatballs w/ Tomato
Sauce & Parmesan Cheese
Broccoli

Veggie Burger -Garden
Side Salad w/ Ranch
Apple Slices

6
Cheese Raviolis
VG
Green Beans
Fresh Banana

7
French Bread Cheese Pizza Baby
Carrots w/ Ranch Dressing

Apple Slices

10
BBQ Beef Meatballs

Pasta w/ Tomato Sauce &
Mozzarella Cheese
Broccoli
Apple Slices

11
Turkey Hot Dog w/ Baked
Beans

Spanish Rice w/ Cheese &
Beans VG
Fresh Pear

12
Chicken Tenders w/ Roasted
Potatoes

Protein Pasta Alfredo Peas VG
Apple Slices

13
Cheese Lasagna
w/ Tomato
Sauce
Green Beans
Fresh Banana

14
Cheese Pizza Baby Carrots w/
Ranch Dressing
Apple Slices

17
Chicken Nuggets w/ Baked Beans
Falfel Bites
Black Beans & Tomato VG Apple
Slices

18
Homemade Macaroni &
Cheese VG

Beef Meatballs w/ Tomato
Sauce & Mozzarella Cheese
Broccoli
Fresh Pear

19
Beef Meatloaf w/ Gravy
Mashed Potatoes

Veggie Burger w/ Ketchup
Roasted Potatoes VG
Apple Slices

20
French Toast Sticks w/ Scrambled
Eggs, Syrup Roasted Sweet
Potatoes VG

Chicken Tamale Refried Beans
Fresh Banana
Last day of ESY

21
French Bread Cheese Pizza Baby
Carrots w/ Ranch Dressing

Apple Slices

24
Salisbury Steak Gravy
Roasted Potatoes
Apple Slices
Last day of Summer Boost

25

26

27

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Lunch Pre-K

July 2023

MON

TUE

WED

THU

FRI

3 Beef Burger w/ Ketchup Green Beans
Spanish Rice & Beans Plantains VG
Apple Slices

4 Independence day
Holiday

5 Chicken Alfredo Broccoli
Home Style Macaroni & Low-Fat Cheese
Broccoli VG Apple Slices

6 BBQ Chicken Sweet Mashed Potatoes
Cheese Ravioli's with Tomato Sauce
Italian Vegetables VG Pineapple Cup

7 Cheese Pizza Garden Salad w/ Ranch Dressing VG
Apple Slices

10 Chicken Parmesan Green Beans Apple
Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese
Italian Vegetables
Apple Slices

11 Spanish Rice & Beans Plantains Orange

12 Salisbury Steak Roasted Potatoes
Falafel Nuggets
Corn VG
Apple Slices

13 Caribbean Pineapple Chicken Carrots
Home Style Macaroni & Low-Fat Cheese
Broccoli VG
Pear

14 Meatloaf w/ Gravy Mashed Potatoes Pear
Cheese Pizza
Garden Salad w/ Ranch Dressing VG
Apple Slices

17 Turkey Fajita Corn
Cheese Ravioli's with Tomato Sauce
Italian Vegetables VG
Apple Slices

18 Chicken Mole w/ Brown Rice Pilaf
Green Peas
Spanish Rice & Beans Plantains Pears

19 Chicken Fingers w/ Ketchup Corn Apple
Falafel Nuggets
Corn Apple Slices

20 Penne Beef Meat Sauce
Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese
Italian Vegetables VG
Pineapple Cup
Last day of ESY

21 No Pre-K Meals

24 No Pre-K Meals

25

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Snack K-5

July 2023

MON	TUE	WED	THU	FRI
3 WG Blueberry Muffin 100% Fruit Juice	4 Independence day Holiday	5 Pretzels 100% Orange Juice	6 String Cheese Fresh Large Apple	7 Graham Crackers 100% Orange Juice
10 Banana Muffin 100% Orange Juice	11 Tostito's Scoops 100% Fruit Juice	12 Graham Crackers Non-Fat Strawberry Yogurt	13 Pretzels Fresh Large Apple	14 Corn Muffin 100% Orange Juice
17 Pretzels 100% Orange Juice	18 Graham Crackers 100% Fruit Juice	19 Blueberry Muffin String Cheese	20 Graham Crackers Fresh Large Apple Last day of ESY	21 Tostito's Scoops 100% Fruit Juice
24 Cheez Itsz 100% Fruit Juice Last day of Summer Boost	25	26	27	28

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