

July 2016 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Cheese Quesadilla Sour Cream Cucumber--Tomatoes Tropical Fruit
4	5	6	7	8
Center Closed	Cheese Sandwich Carrots with Ranch Dressing Watermelon	Bean Taco—Cheese Lettuce—Tomato Cinnamon Apples	Macaroni—Meat Sauce Peas—Cheese Oranges	Baked Chicken Brown Rice Carrots Peaches
11	12	13	14	15
Tuna Sandwich Tomato Pasta Soup Pineapple	Vegetable Frittata Cheese-Pita Bread Applesauce	Asian Noodle Salad With Chicken Oranges	Egg Salad Sandwich Tomatoes Peach Salad	Tiny Meat Loaves Green Beans—Bread Pears
18	19	20	21	22
Vegetable Barley Soup Cheese Sandwich Apples	Chicken and Noodles Peas Melon	Sloppy Joe on a Bun Corn Pineapple	English Muffin Pizza Salad—Dressing Pears	Taco Soup—Cheese Corn Bread Melon
25	26	27	28	29
Cheese Sandwich Broccoli Salad Apples	Grilled Cheese Roasted Potatoes Fluffy Cherry Salad	Pasta Primavera Vegetable Salad Garlic Toast Peaches	Teriyaki Chicken Rice Mixed Vegetable Pineapple	Black Bean Burritos Cheese Melon

Menus are subject to changed due to food availability and freshness. Milk is served at all breakfast and lunchtime meals.

“USDA and EWEB CDC are equal opportunity providers and employers.”

July 2016 Breakfast and Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				AM: English Muffin-Banana Yogurt PM: Melon, Ritz Crackers
4	5	6	7	8
Center Closed	AM: Raisin Bran-Bananas PM: Goldfish Crackers Applesauce	AM: Scrambled Eggs-Tortilla-Peaches PM: Ritz Crackers Cheese	AM: Honey Wheat Pancakes Applesauce PM: Animal Crackers Milk	AM: Cheerios Banana PM: Cranberry Oatmeal Bar Milk
11	12	13	14	15
AM: Kix Cereal Berries PM: Yogurt in a Cone Peaches	AM: Berry Smoothie-Banana Bagel PM: Melon Cheese Stick	AM: Malt-o-Meal Apples PM: Bean Nachos Corn Chips-Cheese	AM: Boiled Egg-Melon Bagel PM: Oranges Wheat Thins	AM: Oatmeal Squares Bananas PM: Graham Crackers Milk
18	19	20	21	22
AM: Raisin Bran Bananas PM: Applesauce Cake Milk	AM: Fruity Breakfast Parfait Bagel PM: Ritz Crackers Cheese	AM: Rice Pudding with Raisins Bananas PM: Cheese Sandwich Apples	AM: Waffle-Berries PM: Goldfish Crackers Pineapple	AM: Scrambled Eggs- Applesauce-English Muffin PM: Animal Crackers-Milk
25	26	27	28	29
AM: Wheaties Melon PM: Yogurt Bananas	AM: Oatmeal-Berries PM: Corn Chips Bean Dip	AM: French Toast Applesauce PM: Ritz Crackers Cheese	AM: Berry Smoothie Banana PM: Cheese Sandwich Oranges	AM: Cinnamon Pancakes Applesauce PM: Cheese Stick Pears

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