

July		AM Snack	PM Snack (with Milk)	Fruit/Changes
	Monday	Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
	Tuesday	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
	Wednesday	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
	Thursday	Smoothie or Yogurt or Chia Pudding	Homemade	
	Friday	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
		AM Snack	PM Snack (with Milk)	
July 1	Monday	Applesauce, Toast	Whole Wheat Pasta, Butter, Parmesan Peas	
July 2	Tuesday	Chia Yogurt, Fruit	Chicken Nuggets, Green Beans, Dried Fruit	Fruit/Changes
July 3	Wednesday	Cinnamon Raisin Toast, Fruit	Rice crackers, Mozzarella sticks, tomatoes and Fruit	
July 4	Thursday	Breakfast Bars & Fruit	COOKING PROJECT + Fruit	
July 5	Friday	Cereal and Milk	Sunbutter Sandwiches & Fruit	
		AM Snack	PM Snack (with Milk)	
July 8	Monday	Banana, Sunbutter & Oats	Potatoes w/Olive Oil, Salt & Pepper	
July 9	Tuesday	Yogurt, Berries & Milk	Seaweed-Rice Crackers, Cheddar, Fruit	Fruit/Changes
July 10	Wednesday	Turkey Bacon, Fruit	Fish Sticks, Applesauce, Cucumbers	
July 11	Thursday	Cottage Cheese, Berries	COOKING PROJECT + Fruit	
July 12	Friday	Mini Waffles, Fruit	Veggie Sticks, Hummus, Fruit	
		AM Snack	PM Snack (with Milk)	
July 15	Monday	Granola, Yogurt, Berries or Raisins	Mac & Cheese, Peas	
July 16	Tuesday	Spinach, Mango, Banana, Coconut Milk Smoothie	Triscuits, Mozzarella Sticks, Fruit	
July 17	Wednesday	Sliced Apples, Sunbutter & Graham Crackers	Whole Wheat Pasta, Butter, Parmesan Peas	Fruit/Changes
July 18	Thursday	Breakfast Bars & Fruit	COOKING PROJECT + Fruit	
July 19	Friday	Wheat Bagels, Sunbutter & Fruit	Raw Veggies and Hummus	
		AM Snack	PM Snack (with Milk)	
July 22	Monday	Cereal and Milk	Veggie Sticks, Hummus, Fruit	
July 23	Tuesday	Cinnamon Raisin Toast, Fruit	Homemade Sesame Noodles & Cucumbers	
July 24	Wednesday	Applesauce, Toast	Chicken Nuggets, Green Beans, Dried Fruit	Fruit/Changes
July 25	Thursday	Turkey Bacon, Fruit	COOKING PROJECT + Fruit	
July 26	Friday	Cottage Cheese, Berries	Potatoes w/Olive Oil, Salt & Pepper	
		AM Snack	PM Snack (with Milk)	
July 29	Monday	Applesauce, Toast	Whole Wheat Pasta, Butter, Parmesan Peas	
July 30	Tuesday	Chia Yogurt, Fruit	Chicken Nuggets, Green Beans, Dried Fruit	
July 31	Wednesday	Cinnamon Raisin Toast, Fruit	Rice crackers, Mozzarella sticks, tomatoes and Fruit	