

July		AM Snack	PM Snack (with Milk)	Fruit/Changes
	<b>Monday</b>	Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
	<b>Tuesday</b>	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
	<b>Wednesday</b>	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
	<b>Thursday</b>	Smoothie or Yogurt or Chia Pudding	Homemade	
	<b>Friday</b>	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Jul. 1	<b>Thursday</b>	Breakfast Bars & Fruit	COOKING PROJECT & Fruit	
July 2	<b>Friday</b>	Granola & Yogurt	Grilled Cheese Sandwich & Cooked Broccoli	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
July 5	<b>Monday</b>	Rice Cakes & Apple Butter	Jam/ Jelly Sandwichess	
July 6	<b>Tuesday</b>	Yogurt & Berries	Mac & Cheese & Peas	
July 7	<b>Wednesday</b>	French Toast & Fruit	Pretzels & Raisins	
July 8	<b>Thursday</b>	English Muffins w/ Cheese & Fruit	COOKING PROJECT & Fruit	
July 9	<b>Friday</b>	Mini Pancakes & Fruit	Veggie Sticks & a Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
July 12	<b>Monday</b>	Cereal and Milk	Goldfish Crackers & Sliced Peppers	
July 13	<b>Tuesday</b>	Cinnamon Raisin Toast, Fruit	COOKING PROJECT & Fruit	
July 14	<b>Wednesday</b>	Yogurt, Fruit	Cheddar Cheese & Raisins	
July 15	<b>Thursday</b>	Applesauce, Toast	Goldfish Crackers & Sliced Peppers	
July 16	<b>Friday</b>	Cereal & Milk	Jam/ Jelly Sandwichess	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
July 19	<b>Monday</b>	Mini Waffles & Fruit	Rice crackers & Dried Fruit	
July 20	<b>Tuesday</b>	Bananas and Honey	Pretzels & Raisins	
July 21	<b>Wednesday</b>	Cereal & Milk	Rice Cakes & Apple Butter	
July 22	<b>Thursday</b>	Yogurt & Fruit	Cooked Carrots & Fruit	
July 23	<b>Friday</b>	Granola, Berries	Chicken Nuggets & Green Beans	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Jul. 26	<b>Monday</b>	Breakfast Bars & Fruit	Fish sticks& Green Beans	
July 27	<b>Tuesday</b>	Granola, Berries	Tortilla Chips & Salsa & Fruit	
July 28	<b>Wednesday</b>	Sausage & Sliced Apples	Grilled Cheese Sandwich & Cooked Broccoli	
July 29	<b>Thursday</b>	Sausage & Fruit	Veggie Sticks & Fruit	
July 30	<b>Friday</b>	French Toast & Fruit	Mac & Cheese & Peas	