

July 2022		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)	Fruit/Changes
July 5	Tuesday	Granola & Yogurt	Cheese & Crackers	
July 6	Wednesday	French toast sticks &	Tortilia Chips & Salsa & Fruit	
July 7	Thursday	Breakfast Bars & Fruit	COOKING PROJECT & Fruit	
July 8	Friday	Cinnamon Raisin Toast, Fruit	Grilled Cheese Sandwich & Cooked Broccoli	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
July 11	Monday	Applesauce & Toast	Pretzels & Cream Cheese	
July 12	Tuesday	Cereal & Milk	Cheddar Cheese Sticks & Tomatoes	
July 13	Wednesday	Waffles & Fruit	Macaroni & Cheese & Broccoli	
July 14	Thursday	Banannas & Honey	COOKING PROJECT & Fruit	
July 15	Friday	Sausage & Fruit	Fish sticks & cooked carrots	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
July 18	Monday	Rice Cakes & Apple Butter	Chicken nuggets & Green Beans	
July 19	Tuesday	Yogurt & Berries	Goldfish Crackers & Sliced Peppers	
July 20	Wednesday	Cereal Bars & Milk	Pretzels & Raisins	
July 21	Thursday	English Muffins w/ Cheese & Fruit	COOKING PROJECT & Fruit	
July 22	Friday	Mini Pancakes & Fruit	Veggie Sticks & a Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
July 25	Monday	Cereal and Milk	Goldfish Crackers & Sliced Peppers	
July 26	Tuesday	Cinnamon Raisin Toast, Fruit	COOKING PROJECT & Fruit	
July 27	Wednesday	Yogurt, Fruit	Cheddar Cheese & Raisins	
July 28	Thursday	Applesauce, Toast	Macaroni & Cheese & Broccoli	
July 29	Friday	Cereal & Milk	Jam/ Jelly Sandwichess	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
July 26	Monday	Mini Waffles & Fruit	Fish sticks& Green Beans	
July 27	Tuesday	Bananas and Honey	Tortilla Chips & Salsa & Fruit	
July 28	Wednesday	Cereal & Milk	Grilled Cheese Sandwich & Cooked Broccoli	
Jul. 29	Thursday	Cinnamon Raisin bread & Fruit	Veggie Sticks & Fruit	