

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 - Cereal, fruit, milk - Macaroni and cheese, veg, fruit, milk - PB and crackers, water	2 - Rice cakes w/ PB, fruit, milk - Turkey sandwiches, baby carrots, fruit, milk - Animal crackers, milk	3 - Bagels w/CC, fruit, milk - Chicken salad, lettuce, bread, fruit, milk - Yogurt, graham crackers, water	4 WB Closed	5 - Cereal, fruit, milk - Spanish rice, corn chips/tortillas, fruit, milk - Ice cream, graham crackers, milk	6
7	8 - Cereal, fruit, milk - Chicken tacos, corn salsa, fruit, milk - Cheese and crackers, water	9 - Bagels w/CC, fruit, milk - Ham and cheese roll-ups, veg, fruit, milk - Ants on a log, crackers, water	10 - Yogurt, granola, fruit, milk - Chef salad, pita bread, fruit, milk - Cheese-its, milk	11 - Cereal, fruit, milk - Cheeseburgers, beans, fruit, milk - Hummus, pita, veg, water	12 - Oatmeal, fruit, milk - Pizza, veg, fruit, milk - Sherbet, animal crackers, milk	13
14	15 - Cereal, fruit, milk - Quesadillas, beans, salsa, fruit, milk - Veggies, dip, crackers, water	16 - Bagels w/ CC, fruit, milk - Sloppy Joes, rolls, cucumbers, fruit, milk - Animal crackers, milk	17 - Cereal, fruit, milk - Chicken sandwiches, veg, fruit, milk - Yogurt w/ graham crackers, water	18 - Rice cakes w/ PB, fruit, milk - Spaghetti w/ meat sauce, veg, fruit, milk - Goldfish, milk	19 - Banana bread, fruit, milk - Vegetable soup, PB and jelly sandwiches, fruit, milk - Strawberry shortcake, water	20
21	22 - Cereal, fruit, milk - Ham and cheese sandwiches, veg, fruit, milk - Snack mix, fruit, water	23 - Banana and PB roll-ups, milk - Tomato soup, cheese bread, fruit, milk - Pretzels, applesauce, water	24 - Oatmeal, fruit, milk - Taco salad, tortilla chips, fruit, milk - Hummus, pita bread, water	25 - Yogurt, granola, fruit, milk - Chicken, broccoli and penne, fruit, milk - Tortilla chips, salsa, milk	26 - Waffles, fruit, milk - Cheeseburgers, veg, fruit, milk - Ice cream, graham crackers, milk	27
28	29 - Cereal, fruit, milk - Pasta w/ ham and peas, fruit, milk - Veggies, dip, crackers, water	30 - Waffles, fruit, milk - Hot dogs, rolls, beans, fruit, milk - Cheese and crackers, water	31 - Rice cakes, PB, fruit, milk - Meatball subs, veg, fruit, milk - Yogurt w/ graham crackers, water	1 - Cereal, fruit, milk - Turkey and cheese roll-ups, veg, fruit, milk - Cheese-its, milk	2 - Bagels, CC, fruit, milk - Chili-mac, corn chips, tortillas, fruit, milk - Sherbet, animal crackers, milk	

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