


Menu for Week 1

Day of the Week	Breakfast	Lunch	Snack
Monday 07/04/22	Center Closed	Happy 4 th OF July	
Tuesday 07/05/22	Oatmeal w/Raisins, Peaches, Milk	Turkey Burgers w/ Cheese on Whole Wheat Bun, Potato Wedges, Fresh Fruit Salad, Milk	Oranges, Milk
Wednesday 07/06/22	Raisin Bran Cereal, Apples, Milk	Baked Flounder w/ Lemon Garlic Sauce, Vegetable Medley, Honeydew, Whole Wheat Bread, Milk	Strawberry & Banana Smoothie w/ Crackers
Thursday 07/07/22	English Muffins w/ Apple Butter, Fresh Fruit Salad, Milk	BBQ Chicken Tenders, String Beans, Whole Wheat Bread, Cantaloupe, Milk	Watermelon, Milk
Friday 07/08/22	Corn Flakes, Bananas, Milk	Extra Cheese Pizza on Cauliflower Crust, Corn on Cob, Fresh Fruit Salad, Milk	Mango Water Ice & Cinnamon & Sugar Pretzel Bites

Menu for Week 2

Day of the Week	Breakfast	Lunch	Snack
Monday 07/11/22	Cheerios, Apples, Milk	Cobb Salad (Lettuce, Tomatoes, Avocado, Eggs, Turkey Bacon) Watermelon, Whole Wheat Bread, French Dressing, Milk	Carrots Sticks w/ Greek Yogurt Ranch Dip
Tuesday 07/12/22	Banana Muffins, Apple Sauce, Milk	Turkey Tacos w/ Hard & Soft Shells, (Lettuce, Salsa, Cheese) Roasted Corn, Fresh Fruit Salad, Milk	Watermelon, Milk
Wednesday 07/13/22	Kix Cereal, Fresh Fruit Salad, Milk	Tuna Pasta Salad (Peas, Bowtie Pasta, Tuna Fish, Mayo) Carrots, Honeydew, Milk	Pineapples w/ Yogurt
Thursday 07/14/22	Bagels w/ Cream Cheese, Strawberries, Milk	BBQ Veggie Burgers on Whole Wheat Bun, Sweet Potato Wedges, Honeydew, Milk	Lemon Blueberry Muffins, Milk
Friday 07/15/22	Rice Krispies Cereal, Pineapples, Milk	Cheese Ravioli, Broccoli, Fresh Fruit Salad, Milk	Cheese & Apples



Monthly Menu July 2022

Menu for Week 3

Day of the Week	Breakfast	Lunch	Snack
Monday 07/18/22	Kix Cereal, Oranges, Milk	Beef Burgers w/ Cheese on Whole Wheat Bun, Fresh Fruit Salad, Baked Beans, Milk	Sun-butter & Carrot Sticks
Tuesday 07/19/22	Peaches & Cream Muffins, Apple Sauce, Milk	Cheese Quesadilla on Whole Wheat Wrap, Salsa, Corn on Cob, Watermelon, Milk	Pineapples, Milk
Wednesday 07/20/22	Corn Flakes, Fresh Fruit Salad, Milk	Chicken Salad on Whole Wheat Wrap, Cantaloupe, Vegetable Medley, Milk	Cheese & Crackers
Thursday 07/21/22	Buttermilk Biscuit w/ Jelly, Honeydew, Milk	Baked Flounder w/ Lemon Garlic Sauce, Brown Rice, Cauliflower, Oranges, Milk	Watermelon, Milk
Friday 07/22/22	Raisin Bran Cereal, Apples, Milk	Cheese Tortellini w/ Alfredo Sauce, Green Beans, Fresh Fruit Salad, Milk	Strawberry & Banana Smoothie w/ Crackers

Monthly Menu for May 2022

Menu for Week 4

Day of the Week	Breakfast	Lunch	Snack
Monday 07/25/22	Life Cereal, Watermelon, Milk	Chicken Pasta Salad (Bowtie Pasta, Broccoli, Roasted Red Peppers, Grilled Chicken) Italian Dressing, Fresh Fruit Salad, Milk	Cheese & Apples
Tuesday 07/26/22	Waffles w/ Whipped Cream, Mixed Berries, Milk	BBQ Turkey Burgers on Whole Wheat Bun, Baked Beans, Watermelon, Milk	Peach Muffins, Milk
Wednesday 07/27/22	Cheerios, Fresh Fruit Salad, Milk	Baked Haddock, Corn on Cob, Green Beans, Whole Wheat Bread, Milk	Pineapple Water ice & Pretzel Bites
Thursday 07/28/22	Oatmeal w/ Peaches, Milk	Beef Meatloaf, Peas, Mashed Potatoes, Whole Wheat Bread, Milk	Bananas, Milk
Friday 07/29/22	Rice Krispie Cereal, Bananas, Milk	Extra Cheese Pizza on Cauliflower Crust, Vegetable Medley, Fresh Fruit Salad, Milk	Yogurt w/ Peaches

Additional Information

Vegetarian Substitution: Veggie Burger, Hard Boiled Egg, Pasta Primavera, Grilled Cheese, Egg Salad
Infant Class Substitution: Sun-butter, Apples, Oranges will be replacing with cheese and/or seasonal melon. Lettuce will be replaced with mixed Vegetables. The infant class will be offered whole grain items for their afternoon snack.
Bread [Enriched or Whole-Grain]: ½ slice **Cereal/Pasta [Cooked, Enriched or Whole-Grain]** 2 oz.
Organic Milk-Fluid: 12-24 mos.: 4 oz. Whole Milk 24-36 mos. :4 oz. 1% Low-Fat Milk 3-5yr old: 1% Low Fat

