




Monthly Menu July 2024



Menu for Week 1			
Day of the Week	Breakfast	Lunch	Snack
Monday 7/01/24	Life Cereal, Oranges, Milk	BBQ Chicken, "WGR" Roll, Mixed Vegetables, Fresh Fruit Salad, Milk	Sun-Butter & Apples
Tuesday 7/02/24	Bagels w/ Jelly, Apple Sauce, Milk	Beef Burgers w/ Cheese on "WGR" Bun, Potato Wedges, Oranges, Milk	Cantaloupe, Milk
Wednesday 7/03/24	Corn Flakes, Cantaloupe, Milk	Cheese Pizza on "WGR" Crust, Mixed Vegetables, Watermelon, Milk	Strawberry Muffins, Milk
Thursday 7/04/24	Center	Closed	
Friday 7/05/24	Center	Closed	

Menu for Week 2			
Day of the Week	Breakfast	Lunch	Snack
Monday 7/08/24	Cheerios, Oranges, Milk	Cobb Salad (Lettuce, Eggs, Turkey Bacon, Avocado, Tomatoes) French Dressing Fresh Fruit Salad, Milk	Yogurt & Cantaloupe
Tuesday 7/09/24	Oatmeal, Raisins, Milk	Cheese Quesadilla on "WGR" Wrap, Mixed Vegetables, Watermelon, Sour Cream, Salsa, Milk	Pineapple Water ice & Pretzel Bites
Wednesday 7/10/24	Life Cereal, Pears, Milk	Grilled Chicken, Green Beans, "WGR" Brown Rice, Oranges, Milk	Cheese & Crackers
Thursday 7/11/24	Corn Muffins, Apple Sauce, Milk	Tuna Wrap w/ Cheese on "WGR" Wraps, Corn on the Cob, Honeydew, Milk	Apples, Milk
Friday 7/12/24	Cornflakes, Honeydew, Milk	Baked Ziti w/ "WGR" Penne Pasta, Carrots, Fresh Fruit Salad, Milk	Peaches & Cream Muffins, Milk

Menu for Week 3			
Day of the Week	Breakfast	Lunch	Snack
Monday 7/15/24	Life Cereal, Apples, Milk	BBQ Turkey Burgers w/ Cheese on "WGR" Bun, Baked Beans, Honeydew, Milk	Apples & Cheese
Tuesday 7/16/24	Pancakes, Mixed Berries, Milk	Grilled Chicken Caesar on "WGR" Wraps, Mixed Vegetables, Watermelon, Milk	Pears, Milk
Wednesday 7/17/24	Cheerios, Oranges, Milk	Beef Meatballs w/ "WGR" Bowtie Pasta, Garden Salad, French Dressing, Cantaloupe, Milk	Crackers & Sun-Butter
Thursday 7/18/24	Oatmeal, Peaches, Milk	Baked Flounder w/ Lemon Garlic Sauce, "WGR" Brown Rice, Corn, Pears, Milk	Watermelon, Milk
Friday 7/19/24	Corn Flakes, Pears, Milk	Cheese Tortellini w/ Alfredo Sauce, Broccoli, Fresh Fruit Salad, Milk	Corn Muffins, Milk

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Menu for Week 4			
Day of the Week	Breakfast	Lunch	Snack
Monday 7/22/24	Corn Flakes, Pears, Milk	Chicken Cheese Steak Sliders on “WGR” Bun, Carrot Fries, Pineapples, Milk	Sun-Butter & Crackers
Tuesday 7/23/24	Waffles w/ Whipped Cream, Raspberries, Milk	Turkey Melt Sandwich on “WGR” Bread, Tomato Soup, Fresh Fruit Salad, Milk	Bananas, Milk
Wednesday 7/24/24	Cheerios, Oranges, Milk	Baked Haddock w/ Creamy Parmesan Sauce, “WGR” Brown Rice, Peas, Pears, Milk	Apple & Cheese
Thursday 7/25/24	“WGR” English Muffins w/ Jelly, Bananas, Milk	Salisbury Steak w/ Gravy, “WGR” Rolls, Mashed Potatoes, Corn, Milk	Oranges, Milk
Friday 7/26/24	Life Cereal, Watermelon, Milk	Cheese Pizza on “WGR” Crust w/Broccoli, Corn, Fresh Fruit Salad, Milk	Corn Muffins, Milk

Menu for Week 5			
Day of the Week	Breakfast	Lunch	Snack
Monday 7/29/24	Cheerios, Apples, Milk	Cobb Salad (Lettuce, Tomatoes, Eggs, Avocado, Turkey Bacon, Carrots) French Dressing, “WGR” Roll, Fresh Fruit Salad, Milk	Yogurt & Cantaloupe
Tuesday 7/30/24	Oatmeal, Raisins, Milk	Cheese Quesadilla on “WGR” Wrap, Mixed Vegetables, Fresh fruit Salad, Milk	Oranges, Milk
Wednesday 7/31/24	Corn Flakes, Oranges, Milk	Turkey Meatloaf, Mashed Potatoes, Green Beans, “WGR” Roll, Milk	Cheese & Crackers
Thursday 8/01/24	Bagels w/ Cream Cheese, Apple Sauce, Milk	Tuna Pasta Salad (Tuna, Peas, “WGR” Bowtie Pasta, Mayo) Watermelon, Milk	Pineapples, Milk
Friday 8/02/24	Cheerios, Pineapples, Milk	Baked Mac & Cheese, Carrots, Fresh Fruit Salad, Milk	“WGR” Banana Muffins, Milk

Additional Information

Infant Class Substitution: Apples and Oranges will be replaced with seasonal melon or applesauce. 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 olds: 1% Low Fat

Vegetarian Substitutions: Veggie Burger, Hard Boiled Egg, Pasta Primavera, Grilled Cheese, Egg Salad