



Menu

July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Waffles (V) Bacon & Egg Breakfast Tacos w/ Potatoes, & Fresh Fruit Apple Sauce	2 Chex-Mix Tuna Fish Sand- wiches w/ Chips, & Fresh Fruit Goldfish
5 No School!	6 Special K Bars (V) Chicken Tortilla Soup w/ Corn & Cilantro, & Fresh Fruit Red White & Blue Banana Splits	7 Swiss Muesli Chicken Pot Pie w/ Carrots, Celery, and Onion, & Fresh Fruit Apples & Carmel Dip	8 Toast & Jam Sloppy Joes w/ French Fries, & Fresh Fruit Banana Pudding	9 Granola Bar (V) Frito Pie w/ Cream Corn, & Fresh Fruit Graham Crackers
12 Whole Wheat (V) Toast Fettuccine Alfredo w/ Zucchini, & Fresh Fruit Yogurt & Granola	13 Flour Tortilla (V) w/ Cream Cheese Pepperoni Pizzas w/ Green Beans, & Fresh Fruit Cheese-Its	14 Kix Spaghetti Bolognese w/ Cheesy Garlic Toast, & Fresh Fruit Trail-Mix w/ Raisins	15 Blackberry (V) Muffins Grilled Cheese w/ Corn, & Fresh Fruit Graham Crackers	16 Cheerios (V) BLT Salad w/ Ranch Dressing, & Ritz Crackers Animal Crackers
19 Scrambled (V) Eggs & Ham Quesadillas w/ Black Beans, & Fresh Fruit Cheese-Its	20 Bagels & (V) Cream Cheese Chicken & Rice w/ Peas, & Fresh Fruit Vanilla Wafers	21 Nutri-Grain Bars (V) Ham & Cheese Sand- wiches w/ Sun Chips, & Fresh Fruit Goldfish	22 Yogurt (V) Pita Pizzas w/ Portobello Mushrooms, & Fresh Fruit Apple Sauce	23 Chex-Mix Chicken Noodle Soup w/ Carrots, Saltine Crackers, & Fresh Fruit Popcorn
26 Granola Bar (V) Turkey & Swiss Ho- gies w/ Potato Chips, & Fresh Fruit Animal Crackers	27 Special K Bar Chopped Beef BBQ Sandwiches w/ Beans, & Fresh Fruit Cheese & Crackers	28 Blueberry (V) Muffins Baked Ziti w/ Steamed Carrots, & Fresh Fruit- Graham Crackers	29 French Toast Chicken Nuggets w/ Mac & Cheese, & Fresh Fruit Turkey & Cheese Trian- gles	30 Nutri-Grain (V) Bar Nut-Free PB&J Sand- wiches w/ Sun Chips & Fresh Fruit String Cheese