

July 2017

Breakfast/Snack

*Indicates Home-made item

USDA is an equal opportunity provider and employer.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<p>3 Cheerios cereal, apples</p> <p>Graham crackers, soy butter</p>	4 CLOSED	<p>5 Whole grain bagels with cream cheese, bananas</p> <p>Cottage cheese, pineapple</p>	<p>6 Apple muffins, oranges</p> <p>Wheat crackers, string cheese</p>	<p>7 Whole grain pancakes with syrup, bananas</p> <p>Tortilla chips, salsa</p>	8
9	<p>10 Cheerios cereal, apples</p> <p>Unsweetened applesauce, Ritz crackers</p>	<p>11 English muffins, eggs, oranges</p> <p>Cherry tomatoes, saltines</p>	<p>12 Breakfast sandwich, bananas</p> <p>Cottage cheese, pineapple</p>	<p>13 Whole grain apple muffins, oranges</p> <p>Pretzels, apples</p>	<p>14 Whole grain waffles with syrup, bananas</p> <p>Wheat crackers, cheese</p>	15
16	<p>17 French Toast Sticks with syrup, Pears</p> <p>Wheat Crackers</p> <p>Sliced Cheese</p>	<p>18 Cheerios cereal, Apples</p> <p>Tortillas, Soy butter, Bananas</p>	<p>19 English muffins, Strawberry yogurt, Bananas</p> <p>Cucumbers, Ritz Crackers</p>	<p>20 Apple muffins</p> <p>Pears</p> <p>Oranges, Graham Crackers</p>	<p>21 Bagels with Cream Cheese, Bananas</p> <p>Fresh Fruit, Cereal Snack Mix</p>	22
23/30	24/31	25	26	27	28	29

July 2017 Lunch

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Quinoa*</i> , corn, oranges	4 <i>CLOSED</i>	5 <i>Turkey sandwich, cucumbers, honeydew</i>	6 <i>Enchiladas*</i> , cooked carrots, watermelon	7 <i>Grilled cheese*</i> , sweet potato fries, apples	8
9	10 <i>Spanish rice*</i> , corn, apples	11 <i>Taco salad*</i> , cucumbers, honeydew	12 <i>Chicken casserole*</i> , California vegetables, cantaloupe	13 <i>Pizza*</i> , carrots, watermelon	14 <i>Macaroni & Cheese*</i> , broccoli, oranges	15
16	17 <i>Mostaccioli Green Beans Apples</i>	18 <i>Chicken Sandwich Broccoli Watermelon</i>	19 <i>Flatbread Pizza California Veggies Watermelon</i>	20 <i>BBQ Chicken Cooked Carrots Bananas</i>	21 <i>Pasta Salas Mixed Fresh Veggies Oranges</i>	22
23/30	24/31	25	26	27	28	29