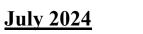


## **Monthly Menu**





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	Corn Flakes, Cantaloupe,	Cheese Pizza on "WGR" Crust,	Strawberry Muffins,
7/03/24	Milk	Mixed Vegetables, Watermelon, Milk	Milk
Thursday 7/04//24	Center	Closed	Slappy me Independence
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 Ceasar 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

## **Monthly Menu for**

## **July 2024**

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