

July

2022



Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
27 Hard Boiled Eggs ² Whole wheat pancake ¹²³⁶ Orange Milk ^{1*}	28 Whole Wheat Pita Bread ³⁶ Provolone cheese ¹ Pineapple Milk ^{1*}	29 Oatmeal ¹ Melon Milk ^{1*}	30 Cereal Banana Milk ^{1*}	01 Turkey Sausage Patty Whole grain waffle ¹²³⁶ Melon Milk ^{1*}
04 CLOSED	05 Turkey Sausage Patty Pancake ¹²³⁶ Orange Milk ^{1*}	06 Whole Wheat Pita Bread ³⁶ Low-fat Cream Cheese ¹ Pineapple Milk ^{1*}	07 Oatmeal ¹ Banana Milk ^{1*}	08 Cereal Melon Milk ^{1*}
11 Hard Boiled Eggs ² Whole wheat bread ³⁶ Orange Milk ^{1*}	12 Whole Wheat Pita Bread ³⁶ Provolone cheese ¹ Banano Milk ^{1*}	13 Oatmeal ¹ Melon Milk ^{1*}	14 Cereal Pineapple Milk ^{1*}	15 Turkey Sausage Patty Pancake ¹²³⁶ Watermelon Milk ^{1*}
18 Turkey Sausage Patty Whole grain waffle ¹²³⁶ Orange Milk ^{1*}	19 Yogurt ¹ Pineapple Milk ^{1*}	20 Oatmeal ¹ Melon Milk ^{1*}	21 Cereal Banana Milk ^{1*}	22 Refried Beans ⁵ Plantains Melon Milk ^{1*}
25 Hard Boiled Eggs ² Pancake ¹²³⁶ Orange Milk ^{1*}	26 Whole Wheat Pita Bread ³⁶ Provolone Cheese ¹ Pineapple Milk ^{1*}	27 Oatmeal ¹ Watermelon Milk ^{1*}	28 Cereal Banana Milk ^{1*}	29 Turkey Sausage Patty Whole grain waffle ¹²³⁶ Melon Milk ^{1*}


Notes: This menu is subject to change

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Lentils

*Milk: 1 yr-old children (Unflavored Whole Milk)
2-5 yrs-old (Unflavored 1% Milk)

This institution is an equal opportunity provider

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	01
Black Beans ⁵ Ensalda verde Arroz integral Apple Milk* ¹	Chicken Stir Fry w/ green beans Barley & Quinoa ³ Melon Milk* ¹	Chicken Legs Broccoli Whole Wheat Roll ³⁶ Watermelon Milk* ¹	Whole wheat pasta w/ white beans & zucchini ³⁵ Cucumbers Banana Milk* ¹	Open Faced Hamburger Lettuce, tomato & cheese ¹ Whole Wheat Bun ³⁶ Strawberries Milk* ¹
04	05	06	07	08
CLOSED	Lentils w/ carrots & spinach ⁷ Brown rice Apple Milk* ¹	Beef and Vegetables Lo Mein ³ Green Salad Orange Milk* ¹	Orange Chicken Legs Broccoli Whole Wheat Roll ³⁶ Melon Milk* ¹	Spanish Tortilla ¹² Coleslaw Ww pita bread ³⁶ Melon Milk* ¹
11	12	13	14	15
Baked Mac & cheese w/ broccoli ¹³ Green Salad Apple Milk* ¹	Chicken Legs Broccoli Whole Wheat Roll ³⁶ Melon Milk* ¹	Beef & corn tacos Lettuce & cheese ¹ Whole wheat tortilla ³⁶ Pineapple Milk* ¹	Garbanzo w/ Fried rice w/ peas & carrots ⁵⁶ Orange Milk* ¹	Chicken Pesto Pata w/ tomatoes, cheese & spinach ¹³ Green Salad Watermelon Milk* ¹
18	19	20	21	22
Lentils w/ carrots & spinach ⁷ Brown rice Apple Milk* ¹	Chicken Paella w/ green beans & peppers Brown rice Melon Milk* ¹	Enchiladas w/ black beans, tomatoes, cheese & ww tortilla ¹³⁵ Orange Milk* ¹	International Day 	Baked Mac & cheese w/ broccoli ¹³ Green Salad Watermelon Milk* ¹
25	26	27	28	29
Black Beans ⁵ Ensalda verde Arroz integral Apple Milk* ¹	Baked Penne Pasta w/ beef, cheese & diced tomatoes ¹³ Cucumbers Melon Milk* ¹	Chicken Legs Broccoli Whole Wheat Roll ³⁶ Pineapple Milk* ¹	Garbanzo Fried Rice w/ peas & carrots ⁵⁶ Green Salad Watermelon Milk* ¹	Beef Bolognesa w/ diced tomatoes Whole wheat pasta ³ Orange Milk* ¹

Notes: This menu is subject to change

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Len
Green: Local Products

*Milk: 1 yr-old children (Unflavored Whole Milk)
2-5 yrs-old (Unflavored 1% Milk)

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Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
27 WG Cheez it crackers ¹³⁶ Melon	28 WG Goldfish ¹³ Pineapple	29 Cheese ¹ Banana	30 WW Animal Crackers ³⁶ Orange	01 Yogurt ¹ Strawberries
04 CLOSED	05 WG Goldfish ¹³ Orange	06 Bread with Cheese ¹³⁶	07 WW Animal Crackers ³⁶ Pineapple	08 Yogurt ¹ Banana
11 Pretzels ³⁶ Melon	12 Graham Crackers ³⁶ Banana	13 Bread with Cheese and Turkey Ham ¹³⁶	14 Apple Muffin ¹²³⁶ Melon	15 WG Goldfish ¹³ Strawberries
18 WG Goldfish ¹³ Strawberries	19 WG Cheez it crackers ¹³⁶ Banana	20 Cheese ¹ Pineapple	21 Graham Crackers ³⁶ Orange	22 Bread with Cheese ¹³⁶
25 Cheese ¹ Banana	26 Pretzels ³⁶ Orange	27 Yogurt ¹ Melon	28 Apple Muffin ¹²³⁶ Pineapple	29 Graham Crackers ³⁶ Strawberries

Notes: This menu is subject to change

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Snack