- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2	3-5	6-12	July 1	July 2 Wednesday	July Thursday	July 4
<u> </u>	A 4 2 11 -	age	age	age	Tuesday			Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	
	Fruit Vegetable	⅓ cup	½ cup	½ cup	Strawberries	Apple Slices	Mandarin Oranges	CLOSED
	Grains	1/2	-1/2 s or	-1s or	Whole Grain	Corn Chex	Cheerios	
	(oz eq)	serving	1/2	1	Waffle Sticks	Cereal	Cereal	
		- 1/4	serving	serving				
		cup or	-1/3	-3/4				
		1/3oz	cup or	cup or				
		-1/4	½ oz	1oz				
		cup	- 1/4	- 1/2				
			cup	cup				
	Add. Food option							
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	
	Vegetable	⅓ cup	⅓ cup	½ cup	Green Beans	Peas	Sliced Cucumber	
	Fruit	⅓ cup	⅓ cup	¼ cup	Peaches	Pears	Sliced Honeydew	CLOSED
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Turkey Meatballs with Tomato Sauce	Diced Chicken and Gravy	Egg Salad (diced egg, mayo, mustard, dill)	
	Grains (oz	½ s or	½ s or	1 s or	Whole Grain	Flatbread	Whole	
	eq)	½ serving	1½ serving	serving	Slider Roll		Wheat Bread	
	Add. Food option						CLOSING AT 12	
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water		
	Fruit/ vegetable	½ cup	½ cup	³¼ cup		Orange Slices		CLOSED
	Grains (oz	½ s or	½ s or	1 s or	Whole Grain	Triscuit		
	eq)	1/2 serving		serving	Banana Bread	Crackers		

	Menu	1-2	3-5	6-12	July 7	July 8	July 9	July 10	July 11
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Due elsfered	Milk	1/2	3/ ₄		Milk	Milk	Milk	Milk	Milk
Breakfast	WIIK			1 cup	MIIK	WIIK	WIIK	MIIK	MIIK
	Fruit	CUP	CUP ½	1/2	Blueberries	Pineapple	Applesauce	Strawberries	Orange Slices
	Vegetable				pidepeilles	rineappie	Applesauce	Sildwbellies	Ordrige slices
	Grains (oz	CUP ½	-½ s	-1s or	Whole	Rice Chex	Life Cereal	Multi-Grain	Corn Flakes
	_	serving	or ½	1	Grain	Cereal	Life Celedi	Cheerios	Cereal
	eq)	- 1/4	serving	serving	Pancakes	Ceredi		Cereal	Celedi
		cup	-1/3	-3/4	runcukes			Celedi	
		or	cup	cup					
		1/3oz	or ½	or					
		-1/4	OZ	l loz					
		cup	- 1/4	- 1/2					
		СОР	cup	cup					
	Add. Food				Syrup				
	option				3,100				
Lunch	Milk	1/2	3/4	1 cup	Milk	Milk	Milk	Milk	Milk
LUIICII	Wilk	cup	CUP	l cob	Wilk	Will	Will	Willix	Wilk
	Vegetable	1/4	1/4	1/2	Stewed	Broccoli	Lima Beans	Carrot Sticks	Cucumber
	regerable	CUP	cup	CUP	Tomatoes	bioccon	Lillia bealis	(inf/tod-	Slices
		СОР	COP	СОР	Tomaloes			blanched)	Silces
	Fruit	1/4	1/4	1/4	Pears	Peaches	Sliced	Apple Slices	Bananas
	11011	CUP	CUP	CUD	i edis	reacties	Cantaloupe	Apple slices	ballallas
	Meat/	1 oz	1 ½	2 oz	Grilled	Tuna	Egg Salad	Soy Nut	Sliced Turkey
	alternativ	1 02	OZ	2 02	Cheese	Noodle	(Diced	Butter and	Silced forkey
	e		02		(Whole	Casserole	hardboiled	Mozzarella	
					wheat	(tuna,	egg, mayo,	Cheese	
					bread,	cream of	mustard, dill)	Sticks	
					cheddar	mushroom,	inosiaia, am)	SIICKS	
					cheese)	whole			
					Cheesey	wheat			
						penne)			
	Grains (oz	½ S	½ S	1 s or	Whole	Whole	Whole Wheat	Whole Grain	Whole Wheat
	eq)	or ½	or ½	serving	Wheat	Wheat	Pita	Bread	Tortilla
		serving	serving		Bread	Penne	"""	Dicad	Torring
	Add. Food				Dicuu	i cinic			Mustard
	option								Mosicia
Snack	Fluid	1/2	1/2	1 cup	Orange	Milk	Water	Water	Apple Juice
SHOCK	1.0.0	cup	cup		Juice	77	114.01		7.66.00
	Fruit/	1/2	1/2	3/4	30.00				
	vegetable	cup	cup	cup					
	Grains (oz	½ S	½ S	1 s or	Wheat Thin	Animal	Whole Grain	Townhouse	Cheez-it
	eq)	or ½	or ½	serving	Crackers	Crackers	Bean and	Crackers	Crackers
	-4,	serving	serving		3.2.3.0.0	2.22.00.0	Veggie	and	3.00.00
							Crackers	Cheddar	
							with	Cheese	
							Cheddar	Slices	
							Cheese		
							Cubes		
	l	İ		<u> </u>			Cones		<u> </u>

	Menu	1-2	3-5	6-12	July 14	July 15	July 16	July 17	July 18
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	34 CUP	1 cup	Milk	Milk	Milk	Milk	Milk
	74	cup	/4 COP	1 000	/ / / /	/ / / /	- Aviiiix	- Annix	/ / / /
	Fruit	1/4	½ cup	½ cup	Mandarin	Blueberrie	Mixed Fruit	Pineapple	Apple
	Vegetable	cup			Oranges	s			slices
	Grains (oz	1/2	-½ s or	-1s or	Life Cereal	Cheerios	Corn Chex	Bran Flakes	Rice
	eq)	serving	1/2	1		Cereal	Cereal	Cereal	Krispies
		- 1/4	serving	serving					Cereal
		cup	-1/3	-3/4					
		or	cup or	cup or					
		1/3oz -¹/₄	½ OZ	loz					
			- 1/4	- 1/2					
	Add Food	cup	cup	cup					
	Add. Food option								
	opilon								
Lunch	Milk	1/2	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
		cup				_			<u> </u>
	Vegetable	1/4	1/4	½ cup	Mixed	Green	Sliced	Beets	Peas
		cup	cup		Vegetable	Beans	Carrots		
	Fruit	1/4	¹¼ cup	¹⁄₄ cup	s Peaches	Peaches	Apple slices	Pears	Bananas
	11011	CUP	/4 CUP	/4 CUP	reacties	reacties	Apple slices	reuis	Ballallas
	Meat/	1 oz	1 ½ oz	2 oz	Pasta	Chicken	Soy Nut	Sliced	Tuna
	alternative		. ,		Salad (tri-	Salad	Butter	Turkey	Salad
					colored	(diced	Sandwich	,	(tuna,
					pasta,	chicken,	and		mayo, dill)
					chicken,	mayo, dill)	Mozzarella		HM
					cheddar		Cheese		
					cheese,		Sticks		
					peas,				
					carrots,				
					broccoli, Italian				
					dressing)				
	Grains (oz	½ S	½ s or	1 s or	Tri-	Whole	Whole	Whole	Whole
	eq)	or ½	1/2	serving	Colored	Grain	Wheat	Wheat	Wheat Pita
	- 47	serving	serving		Pasta	Slider Roll	Bread	Tortilla	
	Add. Food								
	option								
Snack	Fluid	1/2	½ cup	1 cup	White	Milk	Water	Apple	Water
		cup			Grape			Juice	
	F '' /	1/	1/ -	3/	Juice				
	Fruit/	1/2	½ cup	¾ CUP					
	vegetable Grains (oz	CUP ½ S	½ s or	1 s or	Wheat	Whole	Saltine	Graham	Baked Soft
	Grains (oz eq)	or ½	1/2 S OI	serving	Thins	Grain	Crackers	Crackers Crackers	Pretzels
	eq)	serving	serving	33.7119	1111113	Graham	and	CIUCKEIS	and Mild
			33.7119			Cracker	Cheddar		Cheddar
		1				Goldfish	Cheese		Cheese
		1				20.0	Cubes		Slices
	_1	I	L	<u> </u>	J	<u> </u>	30200		3

	Menu	1-2	3-5	6-12	July 21	July 22	July 23	July 24	July 25
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	½ cup	3/ ₄ CUP	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit	1/4	1/2	1/2	Mixed Fruit	Pears	Pineapple	Strawberrie	Bananas
	Vegetable	cup	cup	cup				s	
	Grains (oz eq)	1/2 serving - 1/4 CUP or 1/3	-½ s or ½ serving -1/3 cup or ½	-1s or 1 serving -3/4 CUP or	Kix Cereal	Rice Krispies Cereal	Multi-Grain Cheerios	Corn Chex Cereal	Whole Grain French Toast Sticks
		oz -½ cup	oz - 1/4 cup	loz - ½ cup					
	Add. Food option								
Lunch	Milk	½ cup	³¼ CUP	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/ ₄ CUP	1/4 cup	½ cup	Broccoli	Cucumber Slices	Diced Potatoes with Olive Oil and Oregano	Lima Beans	Corn
	Fruit	1/ ₄ CUP	1¼ cup	1¼ cup	Sliced Honeydew	Watermelo n	Peaches	Apple Slices	Sliced Cantaloup e
	Meat/ alternative	1 oz	1 ½ OZ	2 oz	Baked Chicken Breast with Chicken Gravy	Chicken Salad (diced chicken, light mayo, dill)	Chicken meatballs with Tomato Sauce	Turkey Sausage Patty Melt (turkey sausage, cheddar cheese, English muffin)	Diced Chicken and Mild Salsa
	Grains (oz eq)	1/2 S Or 1/2 serving	½ s or ½ serving	1 s or serving	Whole Grain Dinner Roll	Multi-grain Bread	Whole Grain Slider Roll	Whole Grain English Muffin	Whole Wheat Tortilla
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Apple Juice	Milk	White Grape Juice	Water
	Fruit/	1/2	1/2	3/4					
	Grains (oz eq)	CUP ½ S Or ½ serving	CUP ½ s or ½ serving	l s or serving	Townhouse Crackers	Pretzels (infant/tods -saltines)	Whole Grain Cheddar Goldfish	Animal Crackers	Triscuit Crackers and Mild Cheddar Cheese Cubes

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	Menu	1-2	3-5	6-12	July 28	July 29	July 30	July 31
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk
	Fruit Vegetable	⅓ cup	½ cup	½ cup	Pears	Mixed Fruit	Blueberries	Apple Slices
	Grains (oz eq)	serving - 1/4 CUP Or	-1/2 s or 1/2 serving -1/3	-1s or 1 serving -3/4	Rice Chex Cereal	Cheerios Cereal	Kix Cereal	Whole Wheat Bagels
		1/3oz -¹/₄ cup	cup or ½ oz - ¼ cup	cup or loz - ½ cup				
	Add. Food option		000	000				Cream Cheese
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk
	Vegetable	¹¼ cup	1/4 cup	½ cup	Cucumber Slices	Peas	Yams	Stewed Tomatoes
	Fruit	⅓ cup	⅓ cup	⅓ cup	Apple Slices	Pineapple	Peaches	Pears
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Sliced Turkey	Tuna Salad (tuna, mayo, dill)	Turkey Burger	Grilled Cheese
	Grains (oz eq)	½ s or ½ serving	½ s or ½ serving	1 s or serving	Whole Wheat Bread	Whole Wheat Pita	Whole Wheat Hamburger Bun	Whole Wheat Bread
	Add. Food option				Mustard		Ketchup	
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	Milk	White Grape Juice
	Fruit/ vegetable	½ cup	½ cup	³¼ cup				
	Grains (oz eq)	½ s or ½ serving	1/2 s or 1/2 serving	1 s or serving	Whole Grain Bean and Veggie Crackers	Townhouse Crackers and Sliced Cheddar Cheese	Whole Grain Graham Cracker Goldfish	Wheat Thin Crackers