

Little Discoveries July Menu



<u>Week:</u>	<u>Monday:</u>	<u>Tuesday:</u>	<u>Wednesday:</u>	<u>Thursday:</u>	
			Breakfast: Biscuit, Sausage, Applesauce, Milk	Breakfast: Pancake on a Stick, HB Egg, Pears, Milk	
7/1-7/3			Lunch: Tatertot Hotdish, WG Bread Slice, Broccoli, Grapes, Milk	Lunch: Chicken Nuggets, Cook's Choice Fruit & Veggie, Milk	LD Closed
			Snack: Gold Fish, Cottage Cheese, Water	Snack: WG Ritz, Turkey & Cheese Slice, Water	
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: Waffles, Egg Patty, Strawberries, Milk	Breakfast: Cinnamon Roll, Canadian Bacon, Applesauce, Milk	Breakfast: Bagel, Bacon, Mandarin Oranges, Milk	Breakfast: Pancake, Sausage, Peaches, Milk
7/6-7/10	Lunch: Chicken Patty, Corn, Grapes, Milk	Lunch: Turkey & Cheese Sub, Carrots, Blueberries, Milk	Lunch: Chicken Broc. Rice Bake, WG Bread Slice, Green Beans, Pineapple, Milk	Lunch: Pizza Rolls, Mixed Veggies, Pears, Milk	Lunch: Cold Chicken Pasta, WG Bread Slice, Cook's Choice Fruit & Veggie, Milk
	Snack: Club Crackers, Fruit Twist, Water	Snack: WG Ritz Crackers, Danimals, Water	Snack: Puffcorn, Popcorn, Pastry Crisps, Water	Snack: WG Goldfish, String Cheese, Water	Snack: Nilla Wafers, Yogurt, Water
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: English Muffin, Bacon, Applesauce, Milk	Breakfast: WG Toast, HB Egg, Pineapple, Milk	Breakfast: Biscuit, Canadian Bacon, Strawberries, Milk	Breakfast: French Toast Sticks, Sausage, Pears, Milk
7/13-7/17	Lunch: BBQ Meatballs, Green Beans, Pears, Milk	Lunch: Fish Sticks, Broccoli, Peaches, Milk	Lunch: Sloppy Jo, Carrots, Blueberries, Milk	Lunch: Cheesy Broc. Sausage Pasta, WG Bread, Mixed Veggies, Grapes, Milk	Lunch: Hamburger on a bun, Cook's Choice Fruit & Veggie, Milk
	Snack: Soft Pretzels, Mandarin Oranges, Pretzels, Orange Slices, Water	Snack: WG Belvita Bar, SF Jello, Water	Snack: Veggie Straws, Chips & Salsa, String Cheese, Water	Snack: Animal Crackers, Fruit Twist, Water	Snack: WG Ritz Crackers, Salami & Cheese Slice, Water

	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: Waffle, Sausage, Mandarin Oranges, Milk	Breakfast: Cinnamon Roll, Canadian Bacon, Strawberries, Milk	Breakfast: Bagel, Egg Patty, Applesauce, Milk	Breakfast: Pancakes, Bacon, Peaches, Milk
7/20-7/24	Lunch: Chicken Patty, Green Beans, Grapes, Milk	Lunch: Beef Pizza, Mixed Veggie, Peaches, Milk	Lunch: Tater Tot Hotdish, WG Bread Slice, Broccoli, Blueberries, Milk	Lunch: Salami & Cheese Sub, Carrots, Pineapple, Milk	Lunch: Scalloped Potatoes w/ Ham, WG Bread Slice, Cook's Choice Fruit & Veggie, Milk
	Snack: Puffcorn, Popcorn, Fruit Twist, Water	Snack: WG Graham Cracker, Pudding Cup, Water	Snack: Cheez-Its, Peppers, Cucumbers, Water	Snack: WG Fig Bar, Applesauce, Apple Slices, Water	Snack: Cook's Choice, Danimal, Water
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: English Muffin, Canadian Bacon, Applesauce, Milk	Breakfast: WG Toast, Sausage, Pineapple, Milk	Breakfast: Biscuit, Bacon, Strawberries, Milk	Breakfast: Pancake on a Stick, HB Egg, Pears, Milk
7/27-7/31	Lunch: Hot Dog, Baked Beans, Pears, Milk	Lunch: Chicken Taquitos, Corn, Blueberries, Milk	Lunch: Hot Ham & Cheese, Carrots, Grapes, Milk	Lunch: Chicken Broccoli Rice, WG Bread Slice, Green Beans, Peaches, Milk	Lunch: Taco, Cook's Choice Fruit & Veggie, Milk
	Snack: Veggie Straws, Mandarin Oranges, Chex-Mix, Orange Slices, Water	Snack: WG Nutri-Grain Bar, SF Jello, Water	Snack: Mini Rice Cakes, Sun Chips, Cottage Cheese, Water	Snack: Club Crackers, Ham & Cheese Slice, Water	Snack: WG Goldfish, Fruit Twist, Water
	Infants: Vitamin D Milk, Toddler - School Age: 1% Milk			WG = Whole Grain	
	<i>*Italicized options denote Infant - Toddler Classrooms</i>			SF = Sugar Free	