




July 2023 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
3 1 cup 1% milk 2 sl. WW cheese toast ½ cup peaches 1 cup orange juice	4  Happy Independence Day	5 1 cup 1% milk 1 ½ cup Raisin Bran cereal 6 oz. strawberry yogurt ½ cup fruit cocktail 1 cup cranberry juice	6 1 cup 1% milk 2 WW waffles w/syrup 1 scrambled egg ½ cup blueberries 1 cup apple juice	7 1 cup 1% milk 1- 2 oz. biscuit w/apple butter 6 oz. cup peach yogurt ½ cup applesauce 1 cup grape juice
10 1 cup 1% milk 2 sl. WW cheese toast ½ cup peaches 1 cup orange juice	11 1 cup 1% milk 4 French toast sticks 1 boiled egg ½ cup Mandarin oranges 1 cup pineapple juice	12 1 cup 1% milk 1 ½ cup Raisin Bran cereal 6 oz. strawberry yogurt ½ cup fruit cocktail 1 cup cranberry juice	12 1 cup 1% milk 2 WW waffles w/syrup 1 scrambled egg ½ cup blueberries 1 cup apple juice	14 1 cup 1% milk 1-2 oz. biscuit w/ apple butter 6 oz. cup peach yogurt ½ cup applesauce 1 cup grape juice
17 1 cup 1% milk 2 sl. WW cheese toast ½ cup peaches 1 cup orange juice	18 1 cup 1% milk 4 French toast sticks 1 boiled egg ½ cup Mandarin oranges 1 cup pineapple juice	19 1 cup 1% milk 1 ½ cup Raisin Bran cereal 6 oz. strawberry yogurt ½ cup fruit cocktail 1 cup cranberry juice	20 1 cup 1% milk 2 WW waffles w/syrup 1 scrambled egg ½ cup blueberries 1 cup apple juice	21 1 cup 1% milk 1- 2 oz. biscuit w/apple butter 6 oz. cup peach yogurt ½ cup applesauce 1 cup grape juice
24 1 cup 1% milk 2 sl. WW cheese toast ½ cup peaches 1 cup orange juice	25 1 cup 1% milk 4 French toast sticks 1 boiled egg ½ cup Mandarin oranges 1 cup pineapple juice	26 1 cup 1% milk 1 ½ cup Raisin Bran cereal 6 oz. strawberry yogurt ½ cup fruit cocktail 1 cup cranberry juice	27 1 cup 1% milk 2 WW waffles w/syrup 1 scrambled egg ½ cup blueberries 1 cup apple juice	28 1 cup 1% milk 1-2 oz. biscuit w/apple butter 6 oz. cup peach yogurt ½ cup applesauce 1 cup grape juice
31 1 cup 1% milk 2 sl. WW cheese toast ½ cup peaches 1 cup orange juice			**Menu items are subject to change** WW-Whole Wheat	**Toast or cereal is offered daily** WG-Whole Grain

July 2023 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
3 ½ cup peaches 4 Graham crackers	4 	5 1 cup 1% milk 6 peanut butter crackers	6 1 cup 1% milk 1 WG Nutri-Grain bar	7 ½ cup tortilla chips ½ cup cranberry juice
10 ½ cup peaches 4 Graham crackers	11 1 cup peach yogurt 1 WG granola bar	12 1 cup 1% milk 6 peanut butter crackers	13 1 cup 1% milk 1 WG Nutri-Grain bar	14 ½ cup tortilla chips ½ cup cranberry juice
17 ½ cup peaches 4 Graham crackers	18 1 cup peach yogurt 1 WG granola bar	19 1 cup 1% milk 6 peanut butter crackers	20 1 cup 1% milk 1 WG Nutri-Grain bar	21 ½ cup tortilla chips ½ cup cranberry juice
24 ½ cup peaches 4 Graham crackers	25 1 cup peach yogurt 1 WG granola bar	26 1 cup 1% milk 6 peanut butter crackers	27 1 cup 1% milk 1 WG Nutri-Grain bar	28 ½ cup tortilla chips ½ cup cranberry juice
31 ½ cup peaches 4 Graham crackers			**Menu items are subject to change** WG-Whole Grain	**Substitutes are offered for special diets** WW-Whole Wheat