



HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>a.m. Chex Cereal & Berries Cheesy Chicken and Spinach Casserole Warm Flour Tortillas Fresh Green Beans Peaches p.m. Cheese Itz Crackers & Fruit</p>	<p>2</p> <p>a.m. Muffins & Fruit Comforting Shepard's Pie Toasted Garlic Bread Corn off the Cob Apple Sauce p.m. Animal Crackers & Cucumber Slices</p>	<p>3</p> <p>a.m. Yogurt & Granola Hearty Beef Stroganoff Wheat Bread Fresh Broccoli Fruit Medley p.m. Fresh Melon & Crackers</p>	<p>4</p>  <p>Happy Independence Day!!</p>	<p>5</p> <p>a.m. Warm Cinnamon Apples & Graham Crackers Rotini Pasta Salad w/*Broccoli and Cheese Toasted Garlic Bread Fresh Peas Crisp Apple Slices p.m. English Muffins W/ Sun butter & Bananas Slices</p>
<p>8</p> <p>a.m. Whole Grain Waffles & Berries Whole Wheat Fettuccine Alfredo w/Grilled Chicken Toasted Garlic Bread Roasted Asparagus Fresh Pineapple p.m. Pita Bread & Hummus</p>	<p>9</p> <p>a.m. Biscuits & Fruit Savory Turkey Flat Bread Pizza Roasted Cauliflower Fresh Pears p.m. Cheese Itz Crackers & Carrots</p>	<p>10</p> <p>a.m. Wheat Cheese Toast Hearty Ham, Potato & Veggie Bake Wheat Bread Roasted Zucchini & Squash Mandarin Oranges p.m. Sun butter & Jam Sandwich Squares</p>	<p>11</p> <p>a.m. Cinnamon Toast & Fruit Chicken and Broccoli Pasta Toasted Garlic Bread Peas & Carrots Fruit Medley p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>12</p> <p>a.m. Pancakes w/ Banana Slices Spaghetti w/ Marinara Sauce Toasted Garlic Bread Tomato & Cheese Salad w/ Low Fat Italian Fresh Melon p.m. Cheese & Tomato Quesadilla</p>
<p>15</p> <p>a.m. Bagels w/ Sun Butter Fresh Tuna Salad Sandwich On Wheat Bread Fresh Green Beans Pears p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>16</p> <p>a.m. Sausage Biscuit Beef Soft Tacos Refried Pinto Beans Corn off the Cob Fresh Pineapple p.m. English Muffin Cheese & Pepperoni Slices</p>	<p>17</p> <p>a.m. Yogurt & Berries Cheesy Chicken, Brown Rice Casserole Wheat Bread Fresh Broccoli Mandarin Oranges p.m. Apple Slices & Cheese</p>	<p>18</p> <p>a.m. Pancakes w/ Banana Slices Zesty Parmesan Chicken with Linguine Pasta Wheat Bread Diced Carrots Peaches p.m. Bananas & Pretzel</p>	<p>19</p> <p>a.m. Peaches & Cottage Cheese Alfredo Pasta with Broccoli Toasted Pita Bread with Cheese Fresh Peas Crisp Apple Slices p.m. Sun Butter & Jam Sandwich Squares</p>
<p>22</p> <p>a.m. Chex Cereal & Berries Beef, Bean & Cheese Burritos Warm Flour Tortillas Roasted Asparagus Peaches p.m. Cheese Itz Crackers & Fruit</p>	<p>23</p> <p>a.m. Fruit and Muffins Sesame Chicken Slaw Wraps Flour Tortillas Roasted Zucchini & Squash Apple Sauce p.m. Animal Crackers & Cucumber Slices</p>	<p>24</p> <p>a.m. Yogurt & Granola Hearty Sloppy Joe Sandwiches On Wheat Bread Coleslaw & Pinto Beans Fruit Medley p.m. Fresh Melon & Crackers</p>	<p>25</p> <p>a.m. English Muffins & Sun Butter Zesty Chicken Taco Casserole Warm Flour Tortillas Peas & Carrots Fresh Melon p.m. Crisp Apples & Cheese Slices</p>	<p>26</p> <p>a.m. Warm Cinnamon *Apples & Graham Crackers Shells & Cheese w/ Broccoli Toasted Pita Bread Tomato & Cheese Salad w/ Low Fat Italian Bananas p.m. English Muffins W/ Sun butter & Bananas Slices</p>
<p>29</p> <p>a.m. Bagels w/ Sun Butter Zesty Teriyaki Chicken w/ Rice Fresh Snap Peas Pineapple p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>30</p> <p>a.m. Sausage Biscuit Rotini Pasta Salad w/ Ham, Broccoli and Cheese Wheat Bread Roasted Cauliflower Peaches p.m. Cheese Itz Crackers & Carrots</p>	<p>31</p> <p>a.m. Wheat Cheese Toast Tuna Noodle Casserole Toasted Pita Bread Corn & Fresh Tomato Mandarin Oranges p.m. Apple Slices & Animal Crackers</p>		

July 2024



DOWNLOAD MENU TO YOUR PHONE

- All varieties of dairy are made from whole milk.
- Our nutrition plan exclusively serves whole grain pasta, rice & bread items.
- All servings of vegetables are served fresh daily.
- Vegetarian Alternative Offered

All Healthy Menu items are Locally Sourced!

Ask your principal about vegetarian & vegan dietary needs!