

July 11th to July 15th 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Chex Cereal with Peaches, & Milk | Yogurt with Granola, Blueberries, & Milk | Sweet Potato Pancakes, Bananas, & Milk | WW Toast, Jelly or Sunbutter with Cheesy Scrambled Eggs, & Milk | Morning Glory Muffins, Grapes, & Milk |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Chicken Caesar Salad with WW Croutons, Apples, & Milk | Al Pastor Tacos on WG Tortillas, Corn, Zucchini, Pineapple, & Milk | WW Spaghetti & Meatballs with Broccoli, Grapes, & Milk | Butter Chicken with WG Brown Rice, Roasted Carrots, Mango, & Milk | Calico Beans with WW Buns, Veggie Medley, Canteloupe, & Milk |
| SNACK | SNACK | SNACK | SNACK | SNACK |
| Apple Sauce & Animal Crackers | Cucumbers & Pretzels | Sweet Potato Fry Poutine | Sauteed Snap Peas, & Hardboiled Eggs | Mandarin Oranges, & Graham Crackers |

*Milk is served at both Breakfast and Lunch. Whole Milk for children 1-2 years old, Skim Milk for children ages 2-5

** Red Font indicates a toddler or infant alternative

***WG indicates a Whole Grain

Meal Patterns and Serving Sizes are posted in each classroom and in the kitchen on the freezer.