

Monday, July 1, 2024	Tuesday, July 2, 2024	Wednesday, July 3, 2024	Thursday, July 4, 2024	Friday, July 5, 2024
<p><b>Teriyaki Diced Chicken, 1/3c</b> Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>TODS &amp; TWOS</b> Carrot Coins, 1/4c</p> <p><b>VEG:</b> Vegetarian Nacho Fiesta, 1/4c</p>	<p><b>Lean Beef Hamburger on Bun, 1ea</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b> Steamed Green Beans, 1/4c Applesauce, 3/8c</p> <p><b>VEG:</b> Veg Slider on Bun, 1ea w/ Cheese, 1/2oz on side Shred</p>	<p><b>Chicken Fajitas, 1/3c</b> Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p><b>TODS &amp; TWOS</b> Diced Honeydew, 3/8c</p> <p><b>VEG:</b> Chickenless Fajita Strips, 1/3c</p>	<p><b>NO SCHOOL</b></p>	<p><b>Meatless Baked Ziti, 1/2c</b> **WG Pasta, Marinara, 3 Cheese, Soy, 1/2c** Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Wheat Dinner Roll, 1ea Pears in Juice, 3/8c</p> <p><b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans, 1/4c</p> <p><b>VEG:</b> Meatless Baked Ziti, 1/2c</p>
<p><b>Monday, July 8, 2024</b></p> <p><b>Swedish Beef Meatballs, 3ea</b> Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c</p> <p><b>TODS &amp; TWOS</b> Sweet Tender Peas, 1/4c Peaches in Juice, 3/8c</p> <p><b>VEG:</b> Vegan Meatballs in Vegan Gravy, 2ea</p>	<p><b>Tuesday, July 9, 2024</b></p> <p><b>Pizza Pasta Bake, 1/2c</b> **WG Pasta/Marinara/Beef Crumbles Chicken &amp; Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz 100% Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p><b>TODS &amp; TWOS</b> Applesauce, 3/8c</p> <p><b>VEG:</b> Vegetarian Pizza Pasta Bake, 1/2c</p>	<p><b>Wednesday, July 10, 2024</b></p> <p><b>NAE WG Chicken Nuggets, 3ea</b> Macaroni &amp; Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Honeydew, 1sl</p> <p><b>TODS &amp; TWOS</b> Diced Honeydew, 3/8c</p> <p><b>VEG:</b> Macaroni &amp; Cheese, 1/2c Morningstar Veggie Nuggets, 3ea</p>	<p><b>Thursday, July 11, 2024</b></p> <p><b>Cheeseburger Meatloaf, 1ea</b> Wheat Dinner Roll, 1ea Caesar Salad, 1/2c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b> Applesauce, 3/8c Steamed Green Beans, 1/4c</p> <p><b>VEG:</b> Black Beans, 1/2c &amp; WG Brown Rice w/Cauliflower, 1/3c</p>	<p><b>Friday, July 12, 2024</b></p> <p><b>Pizza Day!</b> <b>Cheese Pizza, 1sl</b> Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8c</p> <p><b>TODS &amp; TWOS</b> Carrot Coins, 1/4c</p> <p><b>VEG:</b> Cheese Pizza, 1sl</p>
<p><b>Monday, July 15, 2024</b></p> <p><b>Chicken Slider on Bun, 1ea</b> Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>TODS &amp; TWOS</b> Applesauce, 3/8c</p> <p><b>VEG:</b> Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz</p>	<p><b>Tuesday, July 16, 2024</b></p> <p><b>Salisbury Steak &amp; Gravy, 1ea</b> Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b> Applesauce, 3/8c</p> <p><b>VEG:</b> Veg Black Bean Chili, 1/2c</p>	<p><b>Wednesday, July 17, 2024</b></p> <p><b>NAE GF Chicken Tender, 3ea</b> Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Cantaloupe, 1sl</p> <p><b>TODS &amp; TWOS</b> Carrot Coins, 1/4c Diced Cantaloupe, 3/8c</p> <p><b>VEG:</b> Refried Beans, 1/2c w/ Cheese, 1/2oz on side Shred</p>	<p><b>Thursday, July 18, 2024</b></p> <p><b>WG Spaghetti w/ Beef &amp; Lentil Marinara, 1/2c</b> Shredded Mozzarella, 1/2 oz 100% Whole Wheat Bread, 1/2sl Baby Spinach, 1/2c Ranch Banana, 1/2ea</p> <p><b>TODS &amp; TWOS</b> Sweet Tender Peas, 1/4c</p> <p><b>VEG:</b> WG Spaghetti Marinara, 1/2c w/ Mozzarella, 1/2oz Shred</p>	<p><b>Friday, July 19, 2024</b></p> <p><b>Boneless Chicken Wing Dings, 3ea</b> Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4ea</p> <p><b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8c</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 5ea</p>
<p><b>Monday, July 22, 2024</b></p> <p><b>Oven Baked Chicken Patty, 1ea</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c</p> <p><b>TODS &amp; TWOS</b> Carrot Coins, 1/4c</p> <p><b>VEG:</b> Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz</p>	<p><b>Tuesday, July 23, 2024</b></p> <p><b>NAE WG Chicken Nuggets, 3ea</b> <b>Macaroni &amp; Cheese, 1/2c</b> Ketchup Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2ea</p> <p><b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans, 1/4c</p> <p><b>VEG:</b> Macaroni &amp; Cheese, 1/2c Morningstar Veggie Nuggets, 3ea</p>	<p><b>Wednesday, July 24, 2024</b></p> <p><b>Beef Nacho Fiesta, 1/4c</b> Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Pears in Juice, 3/8c</p> <p><b>TODS &amp; TWOS</b> Wheat Dinner Roll, 1ea Carrot Coins, 1/4c</p> <p><b>VEG:</b> Vegetarian Nacho Fiesta, 1/4c</p>	<p><b>Thursday, July 25, 2024</b></p> <p><b>Italian Beef Meatball Sub, 1/2ea</b> **Italian Beef Meatballs, 3ea; Sub Roll, 1/2ea** Shredded Mozzarella Cheese, 1/2oz (1Tbsp) Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b> Applesauce, 3/8c</p> <p><b>VEG:</b> Italian Veggie Meatballs, 2ea Sub, 1/2ea</p>	<p><b>Friday, July 26, 2024</b></p> <p><b>Corn Dog Nuggets, 5ea</b> Ketchup Tossed Salad w/Mixed Greens, 1/2c Ranch Watermelon, 1sl</p> <p><b>TODS &amp; TWOS</b> Carrot Coins, 1/4c Mandarin Oranges, 3/8c</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 5ea</p>
<p><b>Monday, July 29, 2024</b></p> <p><b>Teriyaki Diced Chicken, 1/3c</b> Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>TODS &amp; TWOS</b> Carrot Coins, 1/4c</p> <p><b>VEG:</b> Vegetarian Nacho Fiesta, 1/4c</p>	<p><b>Tuesday, July 30, 2024</b></p> <p><b>Lean Beef Hamburger on Bun, 1ea</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b> Steamed Green Beans, 1/4c Applesauce, 3/8c</p> <p><b>VEG:</b> Veg Slider on Bun, 1ea w/ Cheese, 1/2oz on side Shred</p>	<p><b>Wednesday, July 31, 2024</b></p> <p><b>Pizza Day!</b> <b>Cheese Pizza, 1sl</b> Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p><b>VEG:</b> Cheese Pizza, 1sl</p>	<p><b>Thursday, August 1, 2024</b></p>	<p><b>Friday, August 2, 2024</b></p>

Portions meet CACFP requirements:  
 3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2 oz meat/meat alternative, 1/4 c vegetable, 1/4 c fruit ( we serve 1/4 c vegetable, 3/8 c fruit).  
 6-12 years - 8oz milk required w/each meal, Portions 2oz meat/meat alternative, 1/2 c vegetable and 1/4 c fruit ( we serve 1/2c veg, 1/2 c fruit)

\*\*GF\*\* = Gluten Free may contain egg & or milk  
 \*\*WG\*\* = Whole Grain

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