

# July



Monday, July 2nd      Tuesday, July 3rd      Wednesday, July 4th      Thursday, July 5th      Friday, July 6th

Kix cereal, pears  
 Sn: Graham crackers, applesauce  
 Corn dogs, green beans, pears  
 Sn: String cheese & tortilla wrap

Blueberry bread, pineapple  
 Sn: Cucumber slices w/ ranch (peeled for tod's)  
 Scalloped potatoes and ham, peas, pineapple  
 Sn: Veggie Straws, juice

center closed for the 4th of July

Whole Wheat French toast sticks, fruit mix  
 Sn: Honey dew, ritz  
 Grilled chicken pita with lettuce & ranch, green beans, fruit mix  
 Sn: Nutrigrain bars

Pancakes, mandarin oranges  
 Sn: Grapes, yogurt  
 Tod: Fruit, yogurt  
 Chicken, cheese, broccoli & rice cass., mandarin oranges  
 Sn: Cheddar cheese cubes & pita chips

Monday, July 9th      Tuesday, July 10th      Wednesday, July 11th      Thursday, July 12th      Friday, July 13th

Crispix cereal, pineapple  
 Sn: Gogurt, juice  
 Ham sand, baked beans, pineapple  
 Sn: Chips, salsa

Lemon bread, pears  
 Sn: Watermelon, cheerios  
 Scrambled eggs, toast, hash brown, pears  
 Sn: Cheez-its, juice

Cinnamon rolls, applesauce  
 Sn: Ritz bits, juice  
 avanti's day  
 Sn: Animal crackers, milk

Breakfast burritos, pineapple  
 Sn: Pita chips & hummus  
 Swedish meatballs and noodles, peas, pineapple  
 Sn: Elf grahams, juice

Yogurt w/ rice krispies, fruit mix  
 Sn: Carrots w/ ranch  
 Tod: Shredded carrots & ranch  
 Pizza, salad w/ ranch, fruit mix  
 Sn: Apple cinnamon tortillas, water

**Happy Independence Day!**



**What did one flag say to the other flag?  
 Nothing. It just waved!**



**Why did the duck say "Bang!"?  
 Because he was a firequacker!**



**What's red, white, blue, and green?  
 A patriotic pickle!**



\*\*Regular Menu\*\*

Monday, July 16th

Tuesday, July 17th

Wednesday, July 18th

Thursday, July 19th

Friday, July 20th

Life cereal, mandarin oranges

Sn: Cottage cheese, juice

Chicken nuggets, corn, mashed potatoes, mandarin oranges

Sn: Trail Mix

Banana bread, fruit mix

Sn: Cantaloupe, club crackers

Grilled cheese sand, green beans, fruit mix

Sn: Apple slices w/ soy butter

Hash brown cass, peaches

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Fish shapes, broccoli w/ cheese, peaches

Sn: Bananas, animal crackers

Bagels w/ cream cheese, pears

Sn: Celery w/ ranch

Tod: Club Crackers & cheese

Fettuccini alfredo, peas, pears

Sn: Peach crisp, water

Whole Wheat French toast sticks, pineapple

Sn: Pretzel bites with cheese

Cheeseburger macaroni, green beans, pineapple

Sn: Nutrigrain bars

Monday, July 23rd

Tuesday, July 24th

Wednesday, July 25th

Thursday, July 26th

Friday, July 27th

Apple Cinnamon Cheerios, applesauce

Sn: Raisins, goldfish

Tod: Goldfish, juice

Bologna sand, cooked carrots, applesauce

Sn: Sn: Grapes, yogurt

Tod: Fruit, yogurt

Pineapple bread, fruit mix

Infant: toast

Sn: Watermelon, cheerios

Spaghetti w/ meat sauce, salad w/ranch, fruit mix

Sn: Apple crisp, water

Cinnamon toast,

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Chicken & cheese quesadilla, corn, mandarin oranges

Sn: Popcorn, juice

Tod: Puffed corn, juice

English muffins w/jelly, peaches

Sn: Apple slices, string cheese

Breadsticks w/cheese, turkey slices, peas, peaches

Sn: Chex mix, juice

Biscuits and gravy, pears

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Sloppy joe on bun, green beans, pears

Sn: Chips, salsa

Monday, July 30th

Tuesday, July 31st

Rice Krispies, fruit mix

Sn: Fruit smoothies

Tacos, green beans, fruit mix

Sn: Saltines, American cheese

Apple cinnamon bread, pears

Sn: Celery w/ soy butter

Tod: Veggie straws, juice

Turkey sand, carrot sticks, ranch potatoes, pears

Sn: 100 Cal. Oreo crisps, milk

### Healthy Eating Tips for Kids...

(Pssst...parents, we can't do it without you!)

#### Tip #1: Eat Breakfast!

Eating breakfast, even if it's just a banana and a glass of milk, kick-starts the body and makes it easier to maintain lasting energy throughout the day.

If you can get your kids to establish the habit of eating a good breakfast at a young age, it should stay with them as they get older.



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## Little Jewels is

