

July



Monday, July 2nd	Tuesday, July 3rd	Wednesday, July 4th	Thursday, July 5th	Friday, July 6th
<p>Kix cereal, pears</p> <p>Sn: Graham crackers, applesauce</p> <p>Veg. Corn dogs, green beans, pears</p> <p>Sn: String cheese & tortilla wrap</p>	<p>Blueberry bread, pineapple</p> <p>Sn: Cucumber slices w/ ranch (peeled for Tod's)</p> <p>Scalloped potatoes, peas, pineapple</p> <p>Sn: Veggie Straws, juice</p>	<p>center closed for the 4th of July</p>	<p>Whole Wheat French toast sticks, fruit mix</p> <p>Sn: Honey dew, ritz crackers</p> <p>Veg chicken pita w/ lettuce & ranch, green beans, fruit mix</p> <p>Sn: Nutrigrain bars</p>	<p>Pancakes, mandarin oranges</p> <p>Sn: Grapes, yogurt</p> <p>Toddler: Fruit, yogurt</p> <p>Veg. Chicken, cheese, broccoli & rice cass., mandarin oranges</p> <p>Sn: Cheddar cheese cubes, pita chips</p>

Monday, July 9th	Tuesday, July 10th	Wednesday, July 11th	Thursday, July 12th	Friday, July 13th
<p>Crispix cereal, pineapple</p> <p>Sn: Gogurt, juice</p> <p>Hummus sand, veg. baked beans, pineapple</p> <p>Sn: Chips, salsa</p>	<p>Lemon bread, pears</p> <p>Sn: Watermelon, cheerios</p> <p>Scrambled eggs, toast, hash brown, fresh fruit</p> <p>Sn: Cheez-Its, juice</p>	<p>Cinnamon rolls, applesauce</p> <p>Sn: Ritz bits, juice</p> <p>avanti's day</p> <p>Sn: Animal crackers, milk</p>	<p>Breakfast burritos, pineapple</p> <p>Sn: Pita chips w/ hummus</p> <p>Veg. Swedish meatballs and noodles, peas, pineapple</p> <p>Sn: Elf grahams, juice</p>	<p>Yogurt w/ rice krispies, fruit mix</p> <p>Sn: Carrots w/ ranch</p> <p>Tod: Shredded carrots w/ ranch</p> <p>Pizza, salad w/ ranch, fruit mix</p> <p>Sn: Apple cinnamon tortillas</p>

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!**

Vegetarian Menu



Monday, July 16th

Life cereal, mandarin oranges

Sn: Cottage cheese, juice

Veggie chicken nuggets, corn, mashed potatoes, mandarin oranges

Sn: Trail Mix

Tuesday, July 17th

Banana bread, fruit mix

Sn: Cantaloupe, club crackers

Grilled cheese sand, green beans, fruit mix

Sn: Apple slices w/ soy butter

Wednesday, July 18th

Hash brown cass, peaches

Sn: Orange slices, saltines

Toddler: Mandarin Oranges, saltines

Italian noodles, broccoli w/ cheese, peaches

Sn: Bananas, animal crackers

Thursday, July 19th

Bagels with cream cheese, pears

Sn: Celery w/ ranch

Tod: Club crackers w/ cheese

Fettuccini alfredo, peas, pears

Sn: Peach crisp, water

Friday, July 20th

Whole Wheat French Toast sticks, pineapple

Sn: Soft bites with cheese

Cheese "burger" macaroni (w veg meat), green beans, pineapple

Sn: Nutrigrain bars

July

Vegetarian Menu



Monday, July 23rd

Apple Cinnamon Cheerios, applesauce

Sn: Raisins, goldfish

Toddler: Goldfish, juice

Cheese sand, cooked carrots, applesauce

Sn: Grapes, yogurt

Todd: Fruit, yogurt

Tuesday, July 24th

Pineapple bread, fruit mix

Infant: toast

Sn: Watermelon, cheerios

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

Sn: Apple crisp, water

Wednesday, July 25th

Cinnamon toast, mandarin oranges

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Cheese quesadilla, corn, mandarin oranges

Sn: Popcorn, juice

Thursday, July 26th

English muffins w/jelly, peaches

Sn: Apple slices, string cheese

Breadsticks w/cheese sauce, Veg. meatballs, peas, peaches

Sn: Chex mix, juice

Friday, July 27th

Biscuits and gravy, pears

Sn: Orange slices, saltines

2U: Mandarin oranges, saltines

Mozzarella sticks, green beans, pears

Sn: Chips & salsa

Little Jewels is



Monday, July 30th

Rice Krispies, fruit mix

Sn: Fruit smoothies

Tacos w/ veg beef, green beans, fruit mix

Sn: American cheese & saltines

Tuesday, July 31st

Apple cinnamon bread, pears

Sn: Celery w/ soy butter

Tod: Veggie straws, juice

Hummus 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.

