

# July 2020 Children's House menu

Toddler substitution in ( )

Breakfast and Lunch: Whole milk 2yrs-younger, 2% 3's & 4's

Fruit Selections: Grapes, Apples, Oranges, (bananas, berries, melon

Juice Selections: Apple Grape orange

\* wg whole grain

ants on log/ raft: celery or grams with cream cheese and raisins( banana) Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			1. wg cereal /milk	2 english muffins/jelly/milk	3
Lunch			southwest Lentils glazed carrots fruit	chicken nuggets mashed potatoes fruit	no school 
PM Snack			animal crackers/juice	cheese & ritz crackers	
Breakfast	6. toast/butter/milk	7. yogurt parfait/milk	8. Chex cereal/milk	9 .English muffins/jelly/milk	10. oranges/berry kix/milk
Lunch	pasta with marinara cheesestick/broccoli Fruit	chicken salad wg pita cucumber slices Fresh Fruit	veggie and chicken stirfry brown rice/sesame carrots fruit	Hamburger slider Peas Fruit	veggie fritatta biscuit/hashbrown Fruit
PM Snack	carrots/dip/ juice	apple squares	cheese-its /juice	tortilla chips/nacho cheese	junior raisin mix/ juice
Breakfast	13.mini bagels/cream cheese/milk	14.applesauce/grams/milk	15. rice krispies/milk	16.cinnamon oatmeal/milk	17. waffles/milk
Lunch	spaghetti and marinara broccoli/cheesestick fruit	Ham sandwich baked beans/cucumbers Fruit	cheese quesadilla glazed carrots Fruit	chicken nuggets mashed potatoes Fruit	english muffin pizza green beans Fruit
PM Snack	cucumber coins/crackers	ham and cheese wraps	goldfish/juice	pita chips/dip/ juice	cheesy chex mix/ juice
Breakfast	20. pancakes/milk	21 yogurt parfait/milk	22. cinnamon toast crunch /milk	23. peaches/kix/milk	24. cinnamon toast/milk
Lunch	mac and cheese peas and corn fruit	grilled cheese sandwich <b>tomato soup</b> Fruit	chicken fried rice broccoli Fruit	meatleaf/dinner roll sweet potato bake <b>fruit</b>	french toast casserole sausage patty roasted potatoes/fruit
PM Snack	grape tomatoes/cheese cubes	fish in the river	wheat thins/juice	salsa & totilla chips	triscuits/juice
Breakfast	27. biscuits/jelly/milk	28.banana/grams/milk	29. cheerios/milk	30. oatmeal/milk	31. cinnamon toast crunch
Lunch	alphabet pasta salad broccoli fruit	Hawaiian crunch wrap tator tots fruit	beef and bean enchilada bake corn fruit	chicken pot pie roasted sweet potatoes fruit	english muffin pizza peas fruit
PM Snack	pepper slices/dip/ juice	apple slices/pretzels	grapes/club crackers	cheese sticks/pepperoni	pita chips and juice
Breakfast					
Lunch					

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PM Snack