



	Monday 30	Tuesday July 1	Wednesday 2	Thursday 3	Friday 4
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	
AM	HM or IFF, Applesauce, WG Cheerios	HM or IFF, Diced Pears, Graham Cracker	HM or IFF, Banana, Goldfish	HM or IFF, Applesauce, Bread Slice	
Lunch	Yogurt SIDES: Sweet Potatoes Diced Pears	Sloppy Joe on WG Bread SIDES: Calico Beans Mixed Fruit HM or IFF	Baked Chicken Breast SIDES: Stir Fry Vegetables Applesauce HM or IFF	Cottage Cheese SIDES: Carrot Coins Sliced Peaches HM or IFF	
PM	HM or IFF, Mixed Fruit, Graham Cracker	HM or IFF, Carrot Coins, Bread Slice	HM or IFF, Calico Beans, English Muffin	HM or IFF, Stir fry Veggies, Goldfish	
	7	8	9	10	11
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
AM	HM or IFF, Diced Peaches, Graham Cracker	HM or IFF, Mixed Fruit, WG Cheerios	HM or IFF, Diced Peaches, Goldfish	HM or IFF, Mandarin Oranges, Club Crackers	HM or IFF, Pineapple, WG Cheerios
Lunch	Baked Chicken Breast SIDES: Steamed Peas Mixed Fruit HM or IFF	Soft Shell Beef Taco on WG Tortilla SIDES: Refried Beans Diced Peaches HM or IFF	Cottage Cheese SIDES: Island Vegetables Mandarin Oranges HM or IFF	Diced Chicken SIDES: Steamed Green Beans Pineapple Tidbits HM or IFF	Yogurt SIDES: Carrot Coins Diced Pears HM or IFF
PM	HM or IFF, Carrot Coins, WG Bread Slice	HM or IFF, Peas, Tortilla	HM or IFF, Refried Beans, Blueberry Muffin Bar	HM or IFF, Island Veggies, Ritz Crackers	HM or IFF, Green Beans, Graham Cracker
	14	15	16	17	18
Brkfst	IFC or Yogurt Pineapple Tidbits & HM or IFF	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Diced Pears, Saltines	HM or IFF, Applesauce, WG Tortilla	HM or IFF, Mixed Fruit, WG Bread Slice	HM or IFF, Pineapple, English Muffin	HM or IFF, Banana, Ritz Crackers
Lunch	WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Applesauce HM or IFF	Yogurt SIDES: Roasted Squash Mixed Fruit HM or IFF	Sliced Cheese & Bread Slice SIDES: Baked Beans Pineapple Tidbits HM or IFF	Cottage Cheese SIDES: Corn 1/2 Banana HM or IFF	Fish Sandwich on WG Bread SIDES: Steamed Peas Diced Pears HM or IFF
PM	HM or IFF, Carrot Coins, WG Cheerios	HM or IFF, Diced Peaches, Goldfish	HM or IFF, Diced Peaches, Saltines	HM or IFF, Baked Beans, Cheerios	HM or IFF, Mixed Fruit, WG Flatbread
	21	22	23	24	25
Brkfst	IFC or Yogurt Pineapple Tidbits & HM or IFF	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Diced Pears, Saltines	HM or IFF, Cooked Apple Slices, Graham Cracker	HM or IFF, Diced Peaches, Goldfish	HM or IFF, Mandarin Oranges, Oatmeal Muffin Bars	HM or IFF, Applesauce, Club Crackers
Lunch	Hot Dog on WG Bread SIDES: Country Vegetables Cooked Apple Slices HM or IFF	Taco Meat with Tortilla SIDES: Black Beans Diced Peaches HM or IFF	Baked Chicken Breast SIDES: Steamed Green Beans Mandarin Oranges HM or IFF	WG Macaroni & Cheese with Ham SIDES: Steamed Broccoli Applesauce HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Carrot Coins Mixed Fruit HM or IFF
PM	HM or IFF, Peas, WG Tortilla	HM or IFF, Country Vegetables, Breadstick	HM or IFF, Black Beans, WG Bagel	HM or IFF, Green Beans, Ritz Crackers	HM or IFF, Broccoli, WG Bread Slice
	28	29	30	31	August 1
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Mixed Fruit, Goldfish	HM or IFF, Diced Pears, WG Bread	HM or IFF, Pineapple, Banana Bread	HM or IFF, Banana, WG Bagel	HM or IFF, Mandarin Oranges, Club Crackers
Lunch	Baked Chicken Breast SIDES: Corn Diced Pears	Cottage Cheese SIDES: Carrot Coins Pineapple Tidbits HM or IFF	Meatballs & Brown Rice SIDES: Island Vegetables 1/2 Banana HM or IFF	Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Mandarin Oranges HM or IFF	Sliced Cheese & Bread Slice SIDES: Steamed Broccoli Mixed Fruit HM or IFF
PM	HM or IFF, Carrot Coins, Graham Cracker	HM or IFF, Corn, Saltines	HM or IFF, Carrot Coins, Ritz Crackers	HM or IFF, Mixed Fruit, Cheerios	HM or IFF, Peas, Graham Cracker

*Menu Subject to Change Without Notice

IFC - Iron Fortified Cereal

*This institution is an equal opportunity provider.

HM - Human Milk

IFF - Iron Fortified Formula