

	Monday 29	Tuesday 30	Wednesday July 1	Thursday 2	Friday 3 - Independence Day Observed
Brkfst	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Yogurt Banana & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	
Lunch	Baked Chicken Breast SIDES: Steamed Peas Applesauce 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	Hamburger on WG Bread SIDES: Steamed Green Beans Pineapple Tidbits HM or IFF	
PM	HM or IFF, Green Beans, WG Goldfish	HM or IFF, Peas, Tortilla	HM or IFF, Refried Beans, WG Chex Cereal	HM or IFF, Island Veggies, Saltines	
	6	7	8	9	10
Brkfst	IFC or Cottage Cheese Mixed Fruit & HM or IFF	IFC or Sliced Turkey Diced Peaches & HM or IFF	IFC or Yogurt Applesauce & HM or IFF	IFC or Hard Boiled Egg Diced Pears & HM or IFF	IFC or Cottage Cheese Applesauce & HM or IFF
Lunch	WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Applesauce HM or IFF	Sliced Ham SIDES: Baked Potato Mixed Fruit HM or IFF	BBQ Pulled Pork & WG Bread Slice SIDES: Baked Beans Pineapple Tidbits HM or IFF	Diced Chicken SIDES: Steamed Green Beans 1/2 Banana HM or IFF	Fish Filet SIDES: Steamed Peas Diced Pears HM or IFF
PM	HM or IFF, Carrot Coins, WG Cheerios	HM or IFF, Banana, WG Goldfish	HM or IFF, Diced Peaches, Ritz Crackers	HM or IFF, Apricots, Cheerios	HM or IFF, Green Beans, Saltines
	13	14	15	16	17
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Mixed Fruit & HM or IFF	IFC or Yogurt Diced Peaches & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
Lunch	WG Biscuits & Gravy SIDES: Country Vegetables Applesauce HM or IFF	Bean Burrito Bowl w/ Cilantro Lime Rice SIDES: Corn Diced Peaches HM or IFF	Baked Chicken Breast SIDES: Green Beans Mandarin Oranges HM or IFF	WG Macaroni & Cheese with Ham SIDES: Steamed Broccoli Applesauce HM or IFF	Cheesy Scrambled Eggs SIDES: Carrot Coins Mixed Fruit HM or IFF
PM	HM or IFF, Peas, WG Tortilla	HM or IFF, Country Veggies, Graham Cracker	HM or IFF, Corn, WG Flatbread	HM or IFF, Green Beans, Ritz Crackers	HM or IFF, Diced Pears, WG Bread Slice
	20	21	22	23	24
Brkfst	IFC or Cottage Cheese Applesauce & HM or IFF	IFC or Cheese Cubes Mandarin Oranges & HM or IFF	IFC or Cottage Cheese Sliced Peaches & HM or IFF	IFC or Hard Boiled Egg Diced Pears & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
Lunch	Baked Chicken Breast SIDES: Corn Mixed Fruit HM or IFF	Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Diced Pears HM or IFF	Salisbury Steak SIDES: Mashed Potatoes 1/2 Banana HM or IFF	Cottage Cheese SIDES: Carrot Coins Pineapple Tidbits HM or IFF	Baked Chicken Breast & Buttered Noodles SIDES: Steamed Broccoli Diced Peaches HM or IFF
PM	HM or IFF, Carrot Coins, Ritz Crackers	HM or IFF, Applesauce, Saltines	HM or IFF, Peas, WG Graham Cracker	HM or IFF, Mixed Fruit, WG Goldfish	HM or IFF, Carrot Coins, WG Tortilla
	27	28	29	30	31
Brkfst	IFC or Sliced Turkey Pineapple Tidbits & HM or IFF	IFC or Strawberry Banana Smoothie 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 Banana & HM or IFF
Lunch	Hamburger on WG Bread SIDES: Steamed Peas Cooked Apple Slices HM or IFF	Chicken with Tortilla SIDES: Black Beans Apricots HM or IFF	Baked Chicken Breast SIDES: Corn Diced Pears HM or IFF	Hard Boiled Egg & Buttered Noodles SIDES: Glazed Carrots 1/2 Banana HM or IFF	Yogurt SIDES: Steamed Broccoli Applesauce HM or IFF
PM	HM or IFF, Pears, WG Graham Cracker	HM or IFF, Peas, WG Flatbread	HM or IFF, Black Beans, WG Goldfish	HM or IFF, Corn, Ritz Crackers	HM or IFF, Carrot Coins, Saltines

*Menu Subject to Change Without Notice

IFC- Iron Fortified Cereal

HM - Human Milk

IFF - Iron Fortified Formula

*This institution is an equal opportunity provider.