

July Breakfast 2024




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal: Rice Krispies Apple , Milk	2 Banana Bread Banana, Milk	3 Buttered Toast Apple Sauce, Milk	4 	5 School closed
8 Cereal: Cheerios Apple , Milk	9 French Toast Banana, Milk	10 Apple Sauce Muffins Apple Sauce, Milk	11 Cinnamon Oatmeal Orange, Milk	12 Cream of Wheat Watermelon, Milk
15 Cereal: Corn Flakes Apple , Milk	16 Cinnamon-Raisins Pasta Banana, Milk	17 Blueberry Muffins Apple Sauce, Milk	18 Baked Cinnamon Pita Orange, Milk	19 Baked Oatmeal Watermelon, Milk
22 Cereal: Wheat Chex Apple , Milk	23 Hard Boiled eggs Banana, Milk	24 Pancakes Apple Sauce, Milk	25 Butter Noodles Orange, Milk	26 Toast & Jam Watermelon, Milk
29 Cereal: Rice Krispies Apple , Milk	30 Pumpkin Bread Banana, Milk	31 Baked Cinnamon Toast Apple Sauce, Milk		

Whole, unflavored milk is served to 1 year olds
 Skim, unflavored milk is served to children ages 2 and older



July Lunch 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WG Pizza on Pita Cucumber-Tomato Chopped Salad w/Ranch Dressing Cantaloupe, Milk	2 BBQ Chicken Brown Rice Green Beans Apple, Milk	3 Tuna Salad WG Bun Garden-Romaine Salad Watermelon, Milk	4 	5 School Closed
8 Baked Potato (V) & Shredded Cheese (P) Veg Chili (P) (WG) Tortilla Chips (C) Cantaloupe, Milk	9 Stir Fry Chicken & Veg Medley Brown Rice Apple, Milk	10 Egg Salad WG Bun Pickles, Sliced Peppers, Sliced Tomatoes Watermelon, Milk	11 WG Pasta & Meat- Sauce Green Beans Pineapple, Milk	12 Tuna Loaf WG Couscous Peas & Carrots Orange, Milk
15 WG Cheesy Lasagna Garden-Romaine Salad Cantaloupe, Milk	16 Teriyaki Chicken Brown Rice Baked Sweet Potato Apple, Milk	17 Vegetable Frittata WG Roll Minestrone Soup Watermelon, Milk	18 Meatloaf WG Couscous Corn Pineapple, Milk	19 Tuna Salad WG Pita Sliced cucumbers, sliced Peppers Orange, Milk
22 Cheesy Baked Eggs WG Buttered Toast Potato Hash, Sliced Cucumbers Cantaloupe, Milk	23 Herbed Baked Chicken Brown Rice Sweet Glazed Carrots Apple, Milk	24 WG Grill Cheese Sandwich Tomato Soup w/Rice Sliced Cucumbers Watermelon, Milk	25 Sloppy Joe WG Bun Coleslaw Pineapple, Milk	26 Veg Chili & Shredded Cheese Topping WG Corn Bread Garden-Romaine Salad Orange, Milk
29 Dairy Quiche WG Toast Cucumber-Tomato Chopped Salad Cantaloupe, Milk	30 WG Deli Style Turkey- Sandwich Garden-Romaine Salad Apple, Milk	31 WG Baked Cheese & Beans Burrito Corn Watermelon, Milk		

Whole, unflavored milk is served to 1-year olds
 Skim, or low fat (1%) unflavored milk is served to children ages 2 and older
All Grain items served are whole Grain-rich/enriched

 **On Tuesdays & Thursdays milk for lunch is served at 10:30 am (an hour before Lunch is served)**

Jewish Beginnings is an equal opportunity provider and employer



July Snack 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cottage Cheese Pineapple <hr/> Rice Cakes & Jam Milk	2 Snack Crackers Hummus <hr/> Cantaloupe Tea Biscuits	3 French Fries, Ketchup Shredded Cheese <hr/> Cereal: Cheerios Milk	4 School Closed	5 School Closed
8 Yogurt Pineapple <hr/> Rice Cakes & Jam Milk	9 Tortilla Chips Salsa <hr/> Trail Mix Cantaloupe	10 Cereal: Corn Flakes Milk <hr/> Second Snack: Animal Crackers Banana	11 Snack Crackers Hummus <hr/> Second Snack: Apple Sauce Muffins Apple Sauce	12 Cinnamon Pita Chips Milk <hr/> Yogurt Diced Peaches
15 Cottage Cheese Pineapple <hr/> Second Snack: Tea Biscuits Milk	16 Pita Hummus <hr/> Second Snack: Egg Salad Sliced Cucumbers	17 Corn on the Cob Shredded Cheese <hr/> Second Snack: Cereal: Wheat Chex Milk	18 Tortilla Chips Salsa <hr/> Blueberry Muffins Cantaloupe	19 Sliced Cheese Snack Crackers <hr/> Cottage Cheese Diced Peaches
22 Yogurt Pineapple <hr/> Tuna Salad Rice Cakes	23 Falafel Balls Sliced Cucumbers <hr/> Trail Mix Cantaloupe	24 French Fries, Ketchup Shredded Cheese <hr/> Cereal: Rice Krispies Milk	25 Pita Hummus <hr/> Animal Crackers Apple Sauce	26 Tea Biscuits Milk <hr/> Yogurt Diced Peaches
29 Couscous Salad Milk <hr/> Second Snack: Cottage Cheese Pineapple	30 Baked Garlic Pita Sliced Peppers <hr/> Second Snack: Rice Cakes & Jam Cantaloupe	31 Sliced Cheese Snack Crackers <hr/> Pumpkin Bread Milk		

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