



July 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Grilled Cheese WG Carrot Sticks w/Dip Goldfish Milk Blueberries on Vanilla Yogurt	2 Chicken Patty on a Roll WG Lettuce Pickles Corn Milk Orange Wedges	
	CENTER CLOSED <i>Enjoy the long weekend!</i>	6 Sweet & Sour Chicken Angel Hair Pasta Steamed Broccoli Milk Orange Slices	7 Turkey & Cheese Sandwich WG Baby Carrots w/Ranch Dip Pickle Wedges Milk Pineapple Chunks	8 French Toast WG w/Syrup Cottage Cheese Hash Browns Milk Bananas	9 Diced Chicken w/Gravy Mashed Sweet Potatoes Green Beans Warm Roll WG Milk Peaches	
	12 WG English Muffin Cheese & Turkey Pepperoni Pizza Cauliflower Milk Pears	13 BBQ Chicken Nuggets Mashed Potatoes Green Peas Bread WG & Butter Milk Strawberry Topped Angel Cake	14 Ham & Cheese Sandwich WG w/Lettuce 'Tator Tots Pickle Chips Milk Apple Slices	15 Pasta Twists WG Diced Chicken w/Alfredo Sauce Steamed Carrots Milk Applesauce	16 Sloppy Joe on Roll WG Tossed Salad w/ Dressing Milk Orange Slices	
	19 Waffles w/Syrup Ham Hash Browns Milk Pineapple Rings	20 Mac & Cheese (HM) Peas Wheat Roll WG Milk Cantaloupe Chunks	21 Taco Salad w/ Seasoned Hamburg, Lettuce, Salsa, Cheddar Cheese Soft Tortilla WG Wedges Milk Watermelon	22 Meatball Grinders w/Sauce on a hot dog bun WG Steamed Cauliflower Milk Applesauce	23 Cheese Quesadillas Salsa Rice WG w/Beans & Corn Milk Watermelon Chunks	<i>Yummy and Healthy!</i>
WG = Whole Grain Food <i>Whole, unflavored milk is served to children under 2. 1%, unflavored milk is served to children 2+</i>	26 Wowbutter and Jam Sandwich WG Fresh Zucchini w/Dip Milk Applesauce	27 Chicken Nuggets w/Chicken Gravy Egg Noodles Steamed Peas Milk Mandarin Oranges	28 Shepherd's Pie (served separately - mashed potatoes corn, seasoned hamburg) WG Bread w/Gravy Milk Tropical Fruit Cup	29 Fish Sticks Rice Pilaf WG Steamed Broccoli Milk Honeydew Melon	30 Baked Ziti WG w/Meat Sauce (HM) & Parmesan Cucumber & Spinach Salad Milk Pears	