

A Sunny Start I & II



JULY



Monday	Tuesday	Wednesday	Thursday	Friday
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				<p><u>BREAKFAST:</u> Apple Juice Crispy Rice Cereal Toast butter & jelly Milk</p> <p><u>LUNCH:</u> Arroz con Pollo Cuban Bread or Roll Mixed Green Salad (spinach, romaine, tomato, cucumber) Lowfat French Dressing Peaches Milk</p> <p><u>SNACK:</u> Pretzels (soft or thin) Banana</p>
4	5	6	7	8
<p><u>BREAKFAST:</u> Oranges Juice Cereal Blueberry Muffin Milk</p> <p><u>LUNCH:</u> Macaroni & Cheese Broccoli Black Eyed Peas Pears Milk</p> <p><u>SNACK:</u> Cuban Crackers Cheese Slices</p>	<p><u>BREAKFAST:</u> Tropical Mixed Fruits Bagel Cream Cheese Milk</p> <p><u>LUNCH:</u> Chicken Nuggets ketchup Whole Wheat Bread Green Beans & Corn Applesauce Milk</p> <p><u>SNACK:</u> Assorted Crackers Bean Dip</p>	<p><u>BREAKFAST:</u> Banana Whole Wheat Toast Butter & Jelly Milk</p> <p><u>LUNCH:</u> Salisbury Steak Whole Grain Roll Mashed Potatoes Peas and Carrots Mandarin Oranges Milk</p> <p><u>SNACK:</u> Seasonal Fresh Fruits Milk</p>	<p><u>BREAKFAST:</u> Peaches Whole Grain English Muffin Butter & Jelly Boiled Eggs Milk</p> <p><u>LUNCH:</u> Fricase de Pollo Rice Spinach Plantains Milk</p> <p><u>SNACK:</u> Pineapple Yogurt</p>	<p><u>BREAKFAST:</u> Oranges Wedges Waffles w/Syrup Milk</p> <p><u>LUNCH:</u> Cuban Sandwich (pork, Swiss cheese, pickles) Mayo & Mustard Baked Sweet Potato Tossed Salad Apple Slices Milk</p> <p><u>SNACK:</u> Oatmeal Cookie Milk</p>



Monday	Tuesday	Wednesday	Thursday	Friday
11	12	13	14	15
<u>BREAKFAST:</u> Juice Cereal Banana Bread Milk <u>LUNCH:</u> Breaded Chicken Patty in Sauce Roll Steamed Carrots Fruits Cocktail Milk <u>SNACK:</u> Graham Crackers Milk	<u>BREAKFAST:</u> Mandarin Oranges Whole Grain Raisin Bread Butter Milk <u>LUNCH:</u> Ropa Vieja Rice Black Beans Mixed Vegetables Pineapple Milk <u>SNACK:</u> Whole Grain Soft Tortilla Cheese Slice	<u>BREAKFAST:</u> Seasonal Fresh Fruit Cereal Milk <u>LUNCH:</u> Meatloaf Whole Wheat Bread Mashed Sweet Potato Broccoli Milk <u>SNACK:</u> Animal Crackers Peaches	<u>BREAKFAST:</u> Cinnamon Apples Pancakes Syrup Milk <u>LUNCH:</u> Spaghetti & Meat Sauce Garlic Bread Green Salad Tropical Mixed Fruits Milk <u>SNACK:</u> Granola Bar (no peanuts) Milk	<u>BREAKFAST:</u> Cantaloupe Cubes Breakfast Burrito Milk <u>LUNCH:</u> Fish Sticks Whole Grain Roll Green Peas Pears Milk <u>SNACK:</u> Oranges Slices Assorted Crackers
18	19	20	21	22
<u>BREAKFAST:</u> Fruits Cocktail Blueberry Muffin Milk <u>LUNCH:</u> Roasted Pork Whole Grain Roll Mashed Potatoes Mixed Vegetables Cinnamon Apples Milk <u>SNACK:</u> Yogurt Peaches	<u>BREAKFAST:</u> Applesauce Cereal Milk <u>LUNCH:</u> Chicken Strips Whole Wheat Bread <i>butter</i> Mixed Green Salad Dressing Pineapple Milk <u>SNACK:</u> Animal Crackers Pears	<u>BREAKFAST:</u> Seasonal Fruit Cheese Toast Milk <u>LUNCH:</u> Picadillo (Beef) Cuban Bread or Roll Congri Green Peas Plantains Milk <u>SNACK:</u> Milk Fish Crackers	<u>BREAKFAST:</u> Juice English Muffin Cream Cheese & Jelly Milk <u>LUNCH:</u> Baked Chicken Roll Winter Squash Broccoli Florets (cream) Oranges Sections Milk <u>SNACK:</u> Cheese Slice Whole Grain Sandwich Round	<u>BREAKFAST:</u> Banana Cereal Milk <u>LUNCH:</u> Hamburger w/Cheese Whole Wheat Bun Lettuce and Tomatoes Green Beans Fruit Salad Milk <u>SNACK:</u> Milk Assorted Whole Grain Crackers



JULY



Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
<u>BREAKFAST:</u> Juice Biscuit Butter & Jelly Wheat Chex Cereal Milk <u>LUNCH:</u> Turkey Roast Gravy Whole Wheat Roll Butter Mashed Potatoes Peas and Carrots Tropical Mixed Fruit Milk <u>SNACK:</u> Assorted Crackers Pears	<u>BREAKFAST:</u> Peaches Whole Grain Bagel Cream Cheese Milk <u>LUNCH:</u> Black Beans Rice Whole Wheat Bread Green Beans Applesauce Milk <u>SNACK:</u> Yogurt Pineapple Tidbits	<u>BREAKFAST:</u> Orange Wedges Shredded Wheat Cereal Milk <u>LUNCH:</u> Beef Ravioli Garlic Bread Broccoli Fruit Cocktail Milk <u>SNACK:</u> Plain Graham Crackers Milk	<u>BREAKFAST:</u> Banana Waffles Syrup Milk <u>LUNCH:</u> Cuban Stew (with beef) Rice Mixed Vegetables Fruit Salad Milk <u>SNACK:</u> Cheese Slice Soft Tortilla	<u>BREAKFAST:</u> Apple Slices Scrambled Eggs Whole Wheat Toast Butter & Jelly Milk <u>LUNCH:</u> Pizza Steamed Carrots Tossed Salad (Lettuce & Tomato) Ranch Mandarin Oranges Milk <u>SNACK:</u> Banana Bread Milk



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