



## MELONS: WATERMELON, CANTELOUPE AND HONEYDEW JULY 2019

	Monday 7/01/19	Tuesday 7/02/19	Wednesday 7/03/19	Thursday 07/04/19	Friday 07/05/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MULTIGRAIN CHEERIOS APPLESAUCE * MILK	WHOLE WHEAT TOAST SAUSAGE PATTY PEACHES * MILK	WHOLE GRAIN ENGLISH MUFFIN TROPICAL FRUIT * MILK	WHOLE GRAIN TOTAL PEAR HALVES * MILK	WHOLE WHEAT BAGEL PINEAPPLE SLICES * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	CHICKEN SALAD ON WHOLE WHEAT BUN BROCCOLI FLORETS W/ DIP PINEAPPLE RINGS *MILK	SLICED TURKEY WHOLE WHEAT BREAD CUCUMBER SLICES APPLE WEDGES *MILK	BAKED FISH FILLET ENRICHED CORN MUFFIN MASH POTATOES GREEN BEANS *MILK	CHICKEN QUESADILLA WHOLE WHEAT TORTILLA SEASONED CORN REFRIED BEANS *MILK	CHEF SALAD W/ RANCH (TURKEY, CHEESE, BOILED EGG) WHOLE WHEAT BREAD STICKS ORANGE WEDGES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED GRAHAM CRACKERS * MILK	WHOLE GRAIN TORTILLA SALSA/CHEESE DIP WATER	WHOLE GRAIN LIFE CEREAL BANANA SLICES WATER	WHOLE WHEAT TRISCUIT CHEDDAR CHEESE CUBES WATER	WHOLE GRAIN SUN CHIPS 100% APPLE JUICE
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input checked="" type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	HOMEMADE MAC & CHEESE W/ WHOLE WHEAT NOODLES PEAS & CARROTS CANTELOUPE *MILK	BEEF SPAGHETTI W/ WHOLE WHEAT NOODLES SWEET PEAS PEACHES *MILK	TUNA & APPLE SALAD WHOLE GRAIN CRACKERS HONEYDEW MELONS SHREDDED CARROTS *MILK	CHEESE & PEPPERONI PIZZA WHOLE WHEAT FLATBREAD CARROT STICKS W/ DIP WATERMELON CHUNKS *MILK	GROUND BEEF SLOPPEY JOE WHOLE WHAT BUN APPLE COLESLAW BAKED BEANS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain



## MELONS: WATERMELON, CANTELOUPE AND HONEYDEW JULY 2019

	Monday 7/08/19	Tuesday 7/09/19	Wednesday 7/10/19	Thursday 07/11/19	Frida 07/12/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT TOAST SCRAMBLED EGG * MILK	MUULIGRAIN CHEERIOS APPLE SLICES * MILK	WHOLE GRAIN WAFFLE TROPICAL FRUIT * MILK	ENRICHED CREAM OF WHEAT PEAR HALVES * MILK	WHOLE WHEAT TOAST PINEAPPLE SLICES * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	<u>HAWAIIAN TURKEY SLIDER</u> ON WHOLE WHEAT BUN MANGO-PINEAPPLE SALSA CELERY STICKS W/ RANCH * Milk	TUNA & APPLE SALAD WHOLE GRAIN CRACKERS SHREDDED CARROTS PEAR SLICES *MILK	WHOLE WHEAT CHEESE PIZZA W/ PEPPERONI TOSSED SALAD ORANGE SLICES * MILK	GROUND BEEF SLOPPY JOE MULTIGRAIN BUN BAKED BEANS OVEN FRIES * MILK	FISH STICKS WHOLE WHEAT ROLLS BLACKEYE PEAS FRUIT COCKTAIL * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED ANIMAL CRACKERS * MILK	WHOLE GRAIN PRETZELS STRING CHEESE WATER	WHOLE GRAIN KIX CEREAL BANANA SLICES WATER	WHOLE WHEAT BELVITA CARROT STICKS W/ DIP WATER	ENRICHED RICE CAKE 100% BERRY BERRY JUICE
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	HAM & CHEESE ON WW PITA SPINACH & TOMATO SALAD RASPBERRY VINAIGRETTE KIWI & STRAWBERRY SLICES * MILK	BAKED FISH FILLET ENRICHED CORN MUFFIN MASH POTATOES GREEN BEANS * MILK	BEEF SPAGHETTI WHOLE WHEAT NOODLES LIMA BEANS PEACHES * MILK	CHICKEN NUGGETS MAC & CHEESE W/ WG NOODLES WATERMELON CHUNKS TATOR TOTS * MILK	ROASTED TURKEY ENRICHED CORNBREAD ROASTED CAULIFLOWER GLAZED CARROTS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain



## MELONS: WATERMELON, CANTELOUPE AND HONEYDEW JULY 2019

	Monday 7/15/19	Tuesday 7/16/19	Wednesday 7/17/19	Thursday 07/18/19	Frida 07/19/19
<b>BREAKFAST</b>					
Whole Grain/Grain Alternate	COTTAGE CHEESE	WHOLE WHEAT TOAST	WHOLE GRAIN BAGEL	WHOLE GRAIN LIFE CEREAL	WHOLE WHEAT FRENCH TOAST
Vegetable or Fruit	PEAR HALVES	SAUSAGE PATTY	TROPICAL FRUIT	APRICOT HALVES	PINEAPPLE SLICES
Fluid Milk	* MILK	PEACHES	* MILK	* MILK	* MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b>					
Meat/Meat Alternate	HOMEMADE MAC & CHEESE	TUNA & APPLE SALAD	CHICKEN NUGGETS	CHEESE & BEEF RAVIOLI	TURKEY & CHEESE SLIDER
Whole Grain/Grain Alternate	W/ WHOLE WHEAT NOODLES	WHOLE GRAIN CRACKERS	WHOLE WHEAT ROLL	WHOLE WHEAT BREAD	WHOLE GRAIN ROLL
Vegetable or Fruit	ROASTED CAULIFLOWER	PINEAPPLE CHUNKS	BROCCOLI FLORETS W/ DIP	GREEN BEANS	CUCUMBER SLICES
Vegetable or Fruit	GREEN BEANS	SHREDDED CARROTS	HONEY DEW MELON	PEAR HALVES	WATERMELON
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b>					
Meat/Meat Alternate	HAM CUBES	WHOLE GRAIN PITA CHIPS	WHOLE GRAIN PRETZELS	ENRICHED RICE CAKE	WHOLE GRAIN BREADSTICK
Whole Grain/Grain Alternate	WHOLE WHEAT	HUMMUS/CHEESE DIP	WATERMELON SLICES	CANTELOUPE SLICES	100% APPLE JUICE
Vegetable or Fruit	CRACKERS	WATER	WATER	WATER	
Fluid Milk	WATER				
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b>					
Meat/Meat Alternate	HONEY GLAZED CHICKEN	BEEF MEATLOAF	CHEF SALAD W/ RANCH	BAKED FISH FILLET	CHICKEN SALAD ON
Whole Grain/Grain Alternate	BROWN RICE & GRAVY	WHOLE WHEAT BREAD	(TURKEY, CHEESE, BOILED EGG)	ENRICHED CORN MUFFIN	WHOLE WHEAT PITA
Vegetable or Fruit	LIMA BEANS	MIXED VEGGIES	WHOLE WHEAT BREADSTICK	BAKED POTATO	CELERY/CARROT STICKS W/ DIP
Vegetable or Fruit	GLAZED CARROTS	MASH POTATOES	ORANGE WEDGES	SWEET PEAS	APPE SLICES
Fluid Milk	*MILK	* MILK	* MILK	* MILK	* MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain

	Monday 7/22/19	Tuesday 7/23/19	Wednesday 7/24/19	Thursday 07/25/19	Friday 07/26/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLES WARMED PEACHES * MILK	ENRICHED CREAM OF WHEAT FRESH BLUEBERRIES * MILK	WHOLE GRAIN BAGEL TROPICAL FRUIT * MILK	WHOLE GRAIN TOTAL PEAR HALVES * MILK	WHOLE WHEAT ENGLISH MUFFIN PINEAPPLE SLICES * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	GROUND BEEF SLOPEY JOE WHOLE WHEAT BUN FRUIT COCKTAIL COLESLAW * MILK	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES PEAS & CARROTS HONEYDEW MELON * MILK	FISH STICKS WHOLE WHEAT ROLL COLE SLAW PEARS * MILK	TURKEY & CHEESE ON WHOLE WHEAT SUB ROLL BROCCOLI FLORETS KIWI SLICES * MILK	CHEESE & BEEF RAVIOLI WHOLE WHEAT BREAD WATERMELON SLICES GREEN BEANS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	LOWFAT YOGURT STRAWBERRY HALVES WATER	ENRICHED RICE CAKE CANTELOUPE SLICES WATER	EGG SALAD WHOLE GRAIN BREAD WATER	WHOLE WHEAT TRISCUIT CHEDDAR CHEESE CUBES WATER	WHOLE GRAIN PB/SOY TOAST BANANA SLICES WATER
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	BAKED CHICKEN BROWN RICE & GRAVY STEAMED CABBAGE SWEET PEAS * MILK	WHOLE WHEAT CHEESE PIZZA W/ PEPPERONI TOSSED SALAD ORANGE SLICES * MILK	ROASTED TURKEY WHOLE WHEAT ROLL MASH POTATO LIMA BEANS *MILK	CHICKEN SOFT TACO WHOLE WHEAT TORTILLA TOSSED SALAD REFRIED BEANS * MILK	BBQ PULLED PORK MULTIGRAIN BUN BAKED BEANS OVEN FRIES * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain

	Monday 7/29/19	Tuesday 7/30/19	Wednesday 7/31/19		
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MULTIGRAIN CHEERIOS APPLESAUCE * MILK	WHOLE WHEAT TOAST SAUSAGE PATTY PEACHES * MILK	WHOLE GRAIN ENGLISH MUFFIN TROPICAL FRUIT * MILK		
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	CHICKEN SALAD ON WHOLE WHEAT BUN BROCCOLI FLORETS W/ DIP PINEAPPLE RINGS *MILK	SLICED TURKEY WHOLE WHEAT BREAD CUCUMBER SLICES APPLE WEDGES *MILK	BAKED FISH FILLET ENRICHED CORN MUFFIN MASH POTATOES GREEN BEANS *MILK		
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED GRAHAM CRACKERS * MILK	WHOLE GRAIN TORTILLA SALSA/CHEESE DIP WATER	WHOLE GRAIN LIFE CEREAL BANANA SLICES WATER		
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Fluid Milk	HAM & CHEESE ON WHOLE WHEAT PITA BREAD CELERY STICKS W/ DIP MANDARIAN ORANGES * MILK	CHICKEN NUGGETS MAC & CHEESE (WW NOODLES) WATERMELON OVEN FRIES * MILK	TUNA & APPLE SALAD WHOLE GRAIN CRACKERS PINEAPPLE CHUNKS SHEDDED CARROTS *MILK		
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain