

	Monday 7/3/23	Tuesday 7/4/23	Wednesday 7/5/23	Thursday 7/6/23	Friday 7/7/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT BAGEL BLUEBERRIES *MILK	WHOLE WHEAT MINI PANCAKE RASPBERRIES *MILK	MULTIGRAIN CHEERIOS BANANAS *MILK	BREAKFAST BURRITO WHOLE GRAIN TORTILLA SCRAMBLED EGGS HOME MADE VEGGIE SALSA *MILK	ENRICHED OATMEAL WARMED PEACHES *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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN NUGGETS ENRICHED HAWAIIAN ROLL FRUIT SALAD CREAMY SPINACH *MILK	HAM & CHEESE SUB MULTI GRAIN SUB ROLL APPLESAUCE CELERY STICKS *MILK	BBQ BEEF MEATBALLS WHOLE WHEAT SUB ROLL PEAR HALVES SWEET POTATO FRIES * MILK	SHRIMP FRIED RICE ENRICHED FRIED RICE PINEAPPLE RINGS SHREDDED CARROTS *MILK	ROASTED TURKEY WHOLE WHEAT ROLL MASHED POTATOES ROASTED BRUSSEL SPROUTS *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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT PITA CHIPS CORN SALSA *FLAVORED WATER* *STRAWBERRY & LEMON WATER	ENRICHED ANIMAL CRACKERS HONEYDEW MELON WATER	NATIONAL GRAHAM CRACKER DAY LOW FAT YOGURT PEACHES ENRICHED GRAHAM CRACKERS WATER	WHOLE WHEAT GOLDFISH TOMATO BISQUE WATER	ROASTED CHICKEN & CHEESE ROLLUPS WHOLE WHEAT SESAME STICKS 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
TWO COMPONENTS DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	EAT BEANS DAY BEAN & CHEESE QUESADILLA WHOLE GRAIN TORTILLA MANGO CHUNKS TOSSED SALAD *MILK	FISH FILLET MULTI GRAIN BUN MANDARIN ORANGES PEAS & CARROT MIX * MILK	STUFFED BELL PEPPERS GROUND TURKEY WHOLE WHEAT SPIRAL PASTA COLORFUL PEPPERS TRI COLOR COLESALW * MILK	STEAK FINGERS WHOLE WHEAT ROLL PLUMS CALIFORNIA BLEND VEGGIES *MILK	SPAGHETTI W/ GROUND BEEF WHOLE WHEAT SPAGHETTI NOODLES RASPBERRIES MINI CORN ON THE COB * 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
* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

Harvest of the month: Peaches July 2023

	Monday 7/10/23	Tuesday 7/11/23	Wednesday 7/12/23	Thursday 7/13/23	Friday 7/14/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN FRENCH TOAST BLUEBERRIES *MILK	ENRICHED GRITS GRILLED PEACHES *MILK	WHOLE GRAIN MINI PANCAKES HASHBROWNS *MILK	WHOLE WHEAT BAGEL APRICOT HALVES *MILK	ENRICHED SAUSAGE BISCUIT PLUMS *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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GREEN LENTILS WHOLE GRAIN TACO SHELLS GROOVY GRAPES BABY CARROTS *MILK	CURRY CHICKEN ENRICHED BROWN RICE MANGO SLICES SWEET PEAS *MILK	MINI CHEESE PIZZA WHOLE WHEAT ENGLISH MUFFIN FRUIT COCKTAIL MIXED VEGETABLES * MILK	NATIONAL FRENCH FRIES DAY BEEF SLOPPY JOE WHOLE WHEAT BUN WATERMELON STICKS SWEET POTATO FRIES *MILK	NATIONAL MAC-N-CHEESE DAY EXTRA CHEESEY MAC-N-CHEESE WHOLE GRAIN ELBOW NOODLES APPLE WEDGES BROCCOLI *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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT PITA CHIPS FRESH GUACAMOLE *FLAVORED WATER* *CUCUMBER & LIME WATER*	PINWHEEL TURKEY SNACK TURKEY SLICES WHOLE GRAIN TORTILLA SPINACH WATER	ENRICHED ANIMAL CRACKERS CRUSHED PINEAPPLE WATER	ENRICHED SALTINE CRACKERS SAVORY TUNA SALAD WATER	MINI EGG SALAD SANDWICH WHOLE WHEAT BREAD 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF CHEESE BURGER WHOLE WHEAT BUN APPLE WEDGES POTATO WEDGES *MILK	BAKED FISH FILLET ENRICHED HUSH PUPPIES RASPBERRIES GARLIC GREEN BEANS * MILK	PHILLY CHEESE STEAK WHOLE WHEAT SUB ROLL MANDARIN ORANGES TOSSED SALAD * MILK	CHICKEN TENDERS MULTI GRAIN ROLL PEACHES PEAS & CARROTS *MILK	SLICED TURKEY PANINI WHOLE WHEAT PITA CANTALOUPE SPINACH & TOMATO SALAD * 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
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Harvest of the month: Peaches July 2023

	Monday 7/17/23	Tuesday 7/18/23	Wednesday 7/19/23	Thursday 7/20/23	Friday 7/21/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT MINI BAGEL EGG HALVES CANTALOUPE *MILK	ENRICHED CREAM OF WHEAT SLICED APPLES *MILK	WHOLE GRAIN CHEERIOS BLUEBERRIES *MILK	ENRICHED KIX CEREAL RASPBERRIES *MILK	WHOLE WHEAT CINNAMON TOAST PINEAPPLE TIDBITS *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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GRILLED CHEESE SANDWICH WHOLE WHEAT BREAD KIWI SLICES TOMATO BISQUE *MILK	BAKED FISH STICKS MULTI GRAIN ROLL SLICED PEACHES SWEET PEAS *MILK	BODACIOUS QUESADILLA GRILLED CHICKEN WHOLE WHEAT TORTILLA MANGO SLICES BROCCOLI * MILK	SAVORY TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL PLUMS CELERY STICKS *MILK	SAVORY WAFFLE-WICH HAM & CHEESE WHOLE WHEAT WAFFLE ORANGES (SMILES) TOSSED SALAD *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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CHEESY BROCCOLI TOTS SHREDDED CHEESE BROCCOLI FLORETS *FLAVORED WATER* *WATERMELON & MINT WATER*	ENRICHED PRETZELS PEARS WATER	FRUIT PIZZA w/CREAM CHEESE WHOLE WHEAT FLATBREAD MIXED BERRIES WATER	WHOLE GRAIN SUNCHIPS KIWI SLICES WATER	FRUIT KABOB W/DIP LOW FAT YOGURT MIXED FRUIT (STRAWBERRY, GRAPES, BANANA) 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	ROASTED TURKEY PINWHEELS WHOLE WHEAT TORTILLA SWEET PEAS SHREDDED CARROTS *MILK	POPCORN SHRIMP ENRICHED FRIED RICE HONEYDEW MELON STIR FRY VEGETABLES * MILK	LETTUCE TOFU WRAP SAVORY TOFU ENRICHED BROWN RICE PEACHES ZESTY CORN * MILK	STEAK BURRITO BOWL ENRICHED BROWN RICE HOMEMADE PICO DE GALLO BLACK BEANS *MILK	BREAKFAST FOR DINNER TURKEY SAUSAGE MULTI GRAIN TOAST APRICOT HASHBROWNS * 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
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Harvest of the month: Peaches July 2023

	Monday 7/24/23	Tuesday 7/25/23	Wednesday 7/26/23	Thursday 7/27/23	Friday 7/28/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MULTI GRAIN CHEERIOS RASPBERRIES *MILK	WHOLE WHEAT WAFFLES WARMED PEACHES *MILK	ENRICHED CHICKEN BISCUIT APPLESAUCE *MILK	ENRICHED MUFFIN STRAWBERRIES * MILK	WHOLE WHEAT MINI BAGEL PEANUT/SOY/NUT/WOW BUTTER SLICED BANANA *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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SAVORY CHICKEN SALAD ENRICHED CROISSANT GROOVY GRAPES ROASTED CAULIFLOWER *MILK	TURKEY MEATBALL SUB WHOLE WHEAT SUB ROLL APPLE SLICES YELLOW SQUASH *MILK	BLACK BEAN & VEGGIE QUESADILLA BLACK BEANS WHOLE WHEAT TORTILLA PEARS HONEY GLAZED CARROTS * MILK	HOMEMADE MAC AND CHEESE ENRICHED NOODLES FRUIT COCKTAIL GREEN BEANS *MILK	HEALTHY CHICKEN N WAFFLES BAKED CHICKEN WHOLE GRAIN WAFFLES CINNAMON APPLESAUCE GRILLED VEGETABLES *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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WG MOZZARELLA CHEESE STICK TOMATO & CUCUMBER SALAD *FLAVORED WATER* *ORANGE & PINEAPPLE WATER*	STRAWBERRY YOGURT PARTFAIT SRAWBERRY GREEK YOGURT MIXED BERRIES GRANOLA (OPTIONAL) WATER	WHOLE GRAIN CRACKERS VEGETABLE SOUP WATER	ENRICHED GRAHAM CRACKERS APRICOT SLICES WATER	PIZZADILLA MOZZARELLA CHEESE PEPPERONI WHOLE WHEAT TORTILLA 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
TWO COMPONENTS					
	<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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF SLOPPY JOE WHOLE WHEAT BUN BLUEBERRIES SWEET CORN *MILK	GRILLED CHEESE TOAST WHOLE WHEAT BREAD KIWI TOMATO BISQUE SOUP * MILK	BEEF LO-MEIN WHOLE GRAIN NOODLES RASPBERRIES STIR FRY VEGGIES * MILK	CHICKEN TENDERS WHOLE GRAIN ROLL CANTALOUPE BROCCOLI *MILK	NATIONAL HAMBURGER DAY BEEF HAMBURGER WHOLE WHEAT BUN BAKED FRENCH FRIES TRI COLOR COLESLAW * 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
<i>* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>					

Harvest of the month: Peaches July 2023

	Monday 7/31/23				
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED SAUSAGE BISCUIT DICED PEACHES *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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN SALAD ENRICHED CROISSANT SLICED CUCUMBERS BABY 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN SUNCHIPS FRUIT SALAD 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
TWO COMPONENTS					
	<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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHEESE RAVIOLI WHOLE WHEAT BREADSTICK TOSSED SALAD CORN ON THE COB *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
<i>* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>					