

# Early Learning Center Menu July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Breakfast:</b> Waffles w/syrup & fruit <b>Lunch:</b> Chicken patty on a bun (wg), sweet potato wedges, baked beans, and fruit <b>Snack:</b> cheese-its & applesauce	2 <b>Breakfast:</b> Yogurt, blueberries, & Granola <b>Lunch:</b> : Tuna Salad on WG crackers, apple slices, and carrot sticks <b>Snack:</b> Graham crackers, mixed fruit	3 <b>Breakfast:</b> Blueberry Muffins, & pineapple <b>Lunch:</b> Sloppy Joe boats, steak fries, corn, & fruit <b>Snack:</b> Cheese and crackers (wg) & apple juice	4 <b>NO SCHOOL</b>	5 <b>NO SCHOOL</b>
8 <b>Breakfast:</b> Pancakes w/syrup, & applesauce <b>Lunch:</b> Teriyaki meatballs, rice (wg), broccoli, & fruit <b>Snack:</b> Goldfish & diced peaches	9 <b>Breakfast:</b> Yogurt, blueberries, & Granola <b>Lunch:</b> Steak fingers, mash potatoes, carrots, roll (wg) & fruit <b>Snack:</b> Graham crackers, mixed fruit	10 <b>Breakfast:</b> French toast w/syrup & fruit <b>Lunch:</b> Spaghetti Bake, salad w/ranch dressing, & fruit <b>Snack:</b> Apple Slices, yogurt & granola (wg)	11 <b>Breakfast:</b> English Muffin with jelly & fruit <b>Lunch:</b> Cheesy chicken & rice (wg) casserole, broccoli & fruit <b>Snack:</b> Sun Chips (wg), & pears	12 <b>Breakfast:</b> egg, biscuit & banana <b>Lunch:</b> Pizza, salad w/ranch, corn & applesauce <b>Snack:</b> Cheese and crackers (wg) & apple juice
15 <b>Breakfast:</b> Waffles w/syrup & fruit <b>Lunch:</b> Macaroni (wg) & Cheese, pinto beans, cornbread, broccoli & fruit <b>Snack:</b> cheese-its & applesauce	16 <b>Breakfast:</b> Yogurt, fresh fruit & granola <b>Lunch:</b> Beef Nachos, chili beans, lettuce, tomatoes, bread (wg) & fruit <b>Snack:</b> Graham crackers, & fruit	17 <b>Breakfast:</b> Blueberry Muffins, & pineapple <b>Lunch:</b> Meatloaf, mashed potatoes, mixed veggies, roll (wg) & fruit <b>Snack:</b> Pretzels & fruit	18 <b>Breakfast:</b> Cheerios cereal & fruit <b>Lunch:</b> Fried Rice (wg) with diced chicken, egg rolls, broccoli, & fruit <b>Snack:</b> yogurt, fresh fruit	19 <b>Breakfast:</b> sausage biscuit & banana <b>Lunch:</b> Pizza, salad, corn & fruit <b>Snack:</b> Cheese & crackers (wg), fruit
22 <b>Breakfast:</b> Pancakes w/syrup, fruit <b>Lunch:</b> Chicken nuggets, tater tots, green beans & fruit <b>Snack:</b> Fruit & Sun Chips (wg)	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>	26 <b>NO SCHOOL</b>
29 <b>NO SCHOOL</b>	30 <b>NO SCHOOL</b>	31 <b>NO SCHOOL</b>		

\*wg = whole grain

- **Milk** is served at Breakfast and Lunch. (Whole Milk for 1-2 year olds; 1% for ages 3 and up.)
- **Water** is served at snack.