



| | Monday 1 | Tuesday 2 | Wednesday 3 | Thursday 4 - Independence Day | Friday 5 |
|--------|---|--|---|--|--|
| Brkfst | IFC or Cottage Cheese Pineapple Tidbits & HM or IFF | IFC or Yogurt Diced Pears & HM or IFF | IFC or Hard Boiled Egg Diced Peaches & HM or IFF |  | IFC or Cheese Cubes Applesauce & HM or IFF |
| AM | HM or IFF, Diced Pears, Bagel | HM or IFF, Mixed Fruit, Breadstick | HM or IFF, Diced Pears, Saltines | | HM or IFF, Applesauce, WG Cheerios |
| Lunch | Baked Chicken Breast SIDES: Sweet Potato Fries Mixed Fruit HM or IFF | Soft Shell Beef Taco on WG Tortilla SIDES: Refried Beans Diced Pears HM or IFF | Cottage Cheese SIDES: Peas Applesauce HM or IFF | | Yogurt SIDES: Island Vegetables Diced Peaches HM or IFF |
| PM | HM or IFF, Broccoli, Slice of Bread | HM or IFF, Carrot Coins, Breadstick | HM or IFF, Peas, Tortilla | | HM or IFF, Carrot Coins, Graham Cracker |
| 8 | | 9 | | 10 | |
| Brkfst | IFC or Yogurt Pineapple Tidbits & HM or IFF | IFC or Cottage Cheese Diced Pears & HM or IFF | IFC or Hard Boiled Egg Sliced Peaches & HM or IFF | IFC or Cheese Cubes Mixed Fruit & HM or IFF | IFC or Yogurt Applesauce & HM or IFF |
| AM | HM or IFF, Diced Peaches, Saltines | HM or IFF, Pineapple Tidbits, Graham Cracker | HM or IFF, Applesauce, Slice of Bread | HM or IFF, Mixed Fruit, Goldfish | HM or IFF, Mandarin Oranges, Graham Cracker |
| Lunch | WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Pineapple Tidbits HM or IFF | Yogurt SIDES: Carrot Coins Applesauce HM or IFF | Sliced Cheese & Bread Slice SIDES: Roasted Squash Mixed Fruit HM or IFF | Hot Dog on WG Bun SIDES: Steamed Broccoli Mandarin Oranges HM or IFF | Fish Sandwich on WG Bread SIDES: Black Beans Diced Peaches HM or IFF |
| PM | HM or IFF, Island Veggies, Slice of Bread | HM or IFF, Sliced Peaches, Club Crackers | HM or IFF, Carrot Coins, Tortilla | HM or IFF, Roasted Squash, Cheerios | HM or IFF, Mixed Fruit, Goldfish |
| 15 | | 16 | | 17 | |
| Brkfst | IFC or Yogurt Pineapple Tidbits & HM or IFF | IFC or Cottage Cheese Diced Pears & HM or IFF | IFC or Hard Boiled Egg Sliced Peaches & HM or IFF | IFC or Cheese Cubes Mixed Fruit & HM or IFF | IFC or Yogurt Applesauce & HM or IFF |
| AM | HM or IFF, Mixed Fruit, Saltines | HM or IFF, Cooked Apple Slices, Bread Slice | HM or IFF, Mixed Fruit, Goldfish | HM or IFF, Sliced Peas, Club Crackers | HM or IFF, Diced Peaches, English Muffin |
| Lunch | Cottage Cheese SIDES: Sweet Potato Fries Cooked Apple Slices HM or IFF | Taco Meat with Tortilla SIDES: Corn Mixed Fruit HM or IFF | Baked Chicken Breast SIDES: Carrot Coins Sliced Peas HM or IFF | Yogurt SIDES: Steamed Broccoli Diced Peaches HM or IFF | Hard Boiled Egg & Bread Slice SIDES: Baked Beans Applesauce HM or IFF |
| PM | HM or IFF, Diced Pears, Slice of Bread | HM or IFF, Green Beans, Club Crackers | HM or IFF, Banana, Tortilla | HM or IFF, Carrot Coins, Graham Cracker | HM or IFF, Broccoli, Goldfish |
| 22 | | 23 | | 24 | |
| Brkfst | IFC or Cottage Cheese Pineapple Tidbits & HM or IFF | IFC or Yogurt Diced Pears & HM or IFF | IFC or Hard Boiled Egg Diced Peaches & HM or IFF | IFC or Cheese Cubes Mixed Fruit & HM or IFF | IFC or Yogurt Applesauce & HM or IFF |
| AM | HM or IFF, Applesauce, Cheerios | HM or IFF, Pineapple Tidbits, Bagel | HM or IFF, Mandarin Oranges, Graham Cracker | HM or IFF, Diced Peas, Bread Slice | HM or IFF, Mixed Fruit, English Muffin |
| Lunch | Baked Chicken Breast SIDES: Carrot Coins Pineapple Tidbits HM or IFF | Yogurt SIDES: Calico Beans Mandarin Oranges HM or IFF | Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Diced Peas HM or IFF | Toasted Cheese WG Sandwich SIDES: Steamed Broccoli Mixed Fruit HM or IFF | Cottage Cheese SIDES: Steamed Cauliflower Diced Peaches HM or IFF |
| PM | HM or IFF, Broccoli, Slice of Bread | HM or IFF, Carrot Coins, Breadstick | HM or IFF, Calico Beans, Tortilla | HM or IFF, Peas, Cheerios | HM or IFF, Broccoli, Graham Cracker |
| 29 | | 30 | | 31 | |
| Brkfst | IFC or Cottage Cheese Diced Pears & HM or IFF | IFC or Cottage Cheese Diced Pears & HM or IFF | IFC or Hard Boiled Egg Diced Peaches & HM or IFF | IFC or Cheese Cubes Mixed Fruit & HM or IFF | IFC or Yogurt Applesauce & HM or IFF |
| AM | HM or IFF, Diced Peaches, WG Cheerios | HM or IFF, Cooked Apples, Saltines | HM or IFF, Apricots, Goldfish | HM or IFF, Diced Peas, Club Crackers | HM or IFF, Banana, Graham Cracker |
| Lunch | Baked Chicken Breast SIDES: Corn Cooked Apple Slices HM or IFF | Taco Meat with Tortilla SIDES: Steamed Cauliflower Apricots HM or IFF | Cheeseburger on WG Bread SIDES: Green Beans Diced Peas HM or IFF | Hard Boiled Egg & Bread Slice SIDES: Black Beans 1/2 Banana HM or IFF | WG Macaroni & Cheese with Ham SIDES: Carrot Coins Applesauce HM or IFF |
| PM | HM or IFF, Steamed Cauliflower, Bread Slice | HM or IFF, Corn, English Muffin | HM or IFF, Steamed Cauliflower, Tortilla | HM or IFF, Green Beans, Graham Cracker | HM or IFF, Black Beans, Goldfish |

*Menu Subject to Change Without Notice

IFC - Iron Fortified Cereal

HM - Human Milk

IFF - Iron Fortified Formula