









	Monday July 29	Tuesday 30	Wednesday 31	Thursday August 1	Friday 2
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 Pears, 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 Cauliflowe Apricots  HM or IFF	Cheeseburger on WG Bread SIDES: Green Beans Diced Pears 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
	5	6	7	8	9
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt 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, Applesauce, WG Cheerios	HM or IFF, Pineapple Tidbits, Graham Cracker	HM or IFF, Banana, Goldfish	HM or IFF, Applesauce, Bread Slice	HM or IFF, Diced Pears, Club Cracker
Lunch	Yogurt SIDES: Stir Fry Vegetables Pineapple Tidbits HM or IFF	Hot Dog on WG Bread SIDES: Baked Beans Mixed Fruit HM or IFF	Sloppy Joe on WG Bread SIDES: Carrot Coins Applesauce  HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Steamed Green Beans Diced Pears HM or IFF	Sliced Cheese & Bread Slice SIDES: Steamed Broccoli Diced Peaches  HM or IFF
PM	HM or IFF, Mixed Fruit, Graham Cracker	HM or IFF, Stirfry Veggies, Bread Slice	HM or IFF, Baked Beans, English Muffin	HM or IFF, Carrot Coins, Goldfish	HM or IFF, Green Beans, Tortilla
	12	13	14	15	16
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
AM	HM or IFF, Diced Peaches, Bagel	HM or IFF, Mixed Fruit, Breadstick	HM or IFF, Sliced Pears, Saltines	HM or IFF, Applesauce, Graham Cracker	HM or IFF, Diced Pears, 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	Diced Chicken SIDES: Steamed Green Beans Diced Pears HM or IFF	Yogurt SIDES: Island Vegetables Sliced Peaches HM or IFF
PM	HM or IFF, Steamed Broccoli, WG Cheerios	HM or IFF, Applesauce, English Muffin	HM or IFF, Refried Beans, Tortilla	HM or IFF, Peas, Bread Slice	HM or IFF, Green Beans, Goldfish
	19	20	21	22	23 - First Day of School
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 Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
AM	HM or IFF, Sliced 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	Fish Sandwich on WG Bread SIDES: Roasted Squash Mixed Fruit HM or IFF	Hot Dog on WG Bun SIDES: Baked Beans Mandarin Oranges HM or IFF	Sliced Cheese & Bread Slice SIDES: Steamed Broccoli Diced Pears  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
	26	27	28	29	30
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, Mixed Fruit, WG Cheerios	HM or IFF, Cooked Apples, Saltines	HM or IFF, Apricots, Goldfish	HM or IFF, Diced Pears, Club Crackers	HM or IFF, Banana, Graham Cracker
Lunch	Hamburger on WG Bread SIDES: Carrot Coins Cooked Apple Slices HM or IFF	Chicken with Tortilla SIDES: Black Beans Apricots  HM or IFF	Baked Chicken Breast SIDES: Corn Diced Pears HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Steamed Broccoli 1/2 Banana HM or IFF	Toasted Cheese WG Sandwich SIDES: Steamed Cauliflower Applesauce  HM or IFF
PM	HM or IFF, Broccoli, Bread Slice	HM or IFF, Carrot Coins, English Muffin	HM or IFF, Black Beans, Tortilla	HM or IFF, Corn, Graham Cracker	HM or IFF, Broccoli, Goldfish

*Menu Subject to Change Without Notice

IFC - Iron Fortified Cereal

HM - Human Milk

IFF - Iron Fortified Formula