

July Menu - South Ogden

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.

Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.

July 2-6

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Applesauce Skim Milk	Whole wheat toast w/jam Fresh Fruit Skim Milk	Closed - Happy 4th of July	Bagels w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Cantaloupe Skim Milk	BBQ Chicken Sandwich (on a whole wheat bun) Corn Fresh Cucumbers with dip Skim Milk		Tacos (ground beef, cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Fruit Cocktail Cup Skim milk
Snack	Cottage Cheese & Saltines Water	String Cheese 100% Fruit Juice		Pretzels 100% Fruit Juice	Wheat Thins 100% Fruit Juice

July 9-13

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Applesauce Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Whole wheat toast w/honey Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Corn Dogs (Child Nutrition labeled) Baked Beans (Canned) Watermelon Skim Milk	Ham & Cheese Sandwich (whole wheat bread) Apples Fresh baby carrots w/dip Skim milk	Gr. Beef & cheese burrito Fresh Salad Corn (frozen) Skim milk	Spanish Rice w/ground beef and tomato sauce Green beans (canned) Skim milk	Turkey & Cheese Wrap (Turkey and cheese slices in a tortilla) Diced Peach Cup Fresh Celery Sticks w/dip Skim milk
Snack	Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Ice water	Whole wheat bread with cinnamon butter 100% Fruit Juice	Ritz 100% Fruit Juice	Cheesy Crackers Skim Milk

July 16-20

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Applesauce skim Milk	Whole wheat toast w/ Jam Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chicken Nuggets (child nutrition approved) Honey Dew Melon Baked Beans (canned) Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over egg noodles) Green beans (canned) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Taco Salad (ground beef, cheese & fresh lettuce on whole grain tortilla chips) Ranch Style beans (canned) Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Fruit Cocktail Cup Skim milk
Snack	Pretzels 100% Fruit Juice	Cottage Cheese & Saltines Ice Water	Yogurt & Whole Wheat Cereal Pieces Ice water	Grahams 100% Fruit Juice	String cheese 100% Fruit Juice

July 23-27

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Applesauce Skim Milk	Closed - Happy 24th of July	Bagel w/cream cheese Fresh Fruit Skim Milk	Whole wheat toast w/honey Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Bean & Cheese burrito Peas Cantaloupe Skim milk		Beef Stroganoff over noodles Cooked Carrots (canned) Fresh Salad Skim milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Turkey & cheese Wrap (Turkey & cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
Snack	Animal Crackers 100% Fruit Juice		Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Apples Cheese slice	Ritz 100% Juice

July 30 - August 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Applesauce skim Milk	Whole wheat toast w/jam Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Sloppy Joes on whole wheat buns Watermelon Peas (frozen) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Shepherd's Pie (ground beef, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Tacos Soup (ground beef, pinto beans, mixed veggies & tomato sauce with cheese on top) Whole grain tortilla chips Fresh Salad w/ranch Skim Milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Fruit Cocktail Cup Skim milk
Snack	Pretzels 100% Fruit Juice	String Cheese 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Water	Wheat Thins 100% Fruit Juice	Cheesy Crackers Skim Milk