

JULY MENU 2023 9th street

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 & berries (when in season). We order fresh fruit depending upon the price and availability.

July 3-7

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			Muffins (whole grain) Fresh Fruit Skim Milk	Oatmeal (whole grain) w/brown sugar Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Closed for the 4th	closed for the 4th	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Lettuce w/Ranch Extra marinara sauce for dipping, Skim Milk	Haystacks (brown rice with chicken, sheese, & gravy broccoli (frozen) Pineapple Skim Milk	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked beans (canned) Blueberries (fresh) Skim milk
Snack			Wheat Thins (WG) 100% Fruit Juice	Tiger Bite Grahams (WG), Milk	Pretzels 100% fruit juice

July 10-14

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit, Skim Milk	Boiled Eggs Bananas Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Grain French Toast Fresh Fruit, Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Hamburger gravy over potatoes Mixed Vegetables (Calif. Style) Whole wheat rolls Skim milk	Ham and cheese sandwich (whole wheat bread) Fresh Apple Fresh Carrot Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cucumbers w/dip Extra marinara sauce for dipping, Skim Milk	Tacos (ground turkey, cheese & fresh lettuce on a whole grain taco shell) Ranch beans (canned) Skim Milk	Corn Dogs, w/breading, Corn, Apple sauce, Skim Milk
Snack	Triscuits 100% juice	Cottage Cheese and saltine crackers water	Goldfish Crackers (WG) 100% Fruit Juice	Pita bread (whole grain) w/ummammas, water	grahams crackers Milk

July 17-21

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit & Skim Milk	Pancakes Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit skim Milk	Biscuits and Gravy fresh fruit skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Sloppy Joes (lean gr. Beef) on whole wheat buns Baby Carrots w/dip Diced Pears (canned) Skim Milk	Teriaki Beef (lean gr. beef) over brown rice Broccoli (frozen) Pineapple (canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cauliflower w/dip Extra maranara sauce for dipping, Skim Milk	Chef salad Diced Ham Cheese Lettuce, Beets Whole wheat roll skim milk	Hamburgers (whole wheat bun) French Fries Apple sauce Skim Milk
Snack	Apples and Cheese, Water	Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (grated cheese for toddlers) and Water	Yogurt & Whole Grain Cereal Pieces, Water	Tiger Bite grahams (WG), Milk

July 24-28

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Oatmeal Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit, Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Closed for the 24 th	Mac and Cheese (whole wheat Pasta) Diced Ham Frozen Peas Diced Pears Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh lettuce w/ranch Extra marinara sauce for dipping, Skim Milk	Ham and Cheese sandwich (whole wheat bread) Fresh Apple Fresh carrot Skim Milk	Turkey Hot dogs Whole wheat buns Fresh cauliflower w/dip, Peaches (diced) Skim Milk
Snack		Pretzels 100% fruit juice	Wheat Thins (WG) 100% Fruit Juice	Cottage Cheese and saltine crackers water	Whole wheat Bread w/ cinn sugar Skim Milk

July 31-August 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit, Skim Milk	French Toast (whole wheat) fresh fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Boiled eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Brunch Day cheese omlets , tater tots blueberries , whole wheat toast, skim milk	Enchilada (wheat tortilla refried beans cheese) Lettuce Pineapple skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cucumbers w/dip Extra marinara sauce for dipping, Skim Milk	BBQ Chicken on a whole wheat bun Peas (frozen) Diced Peaches (canned) Skim Milk	Turkey wraps (turkey whole wheat tortilla cheese) Fresh Baby Carrots, Pears Skim milk
Snack	Apples & Cheese Slice Water	Popcorn (WG) 100% Fruit Juice	Goldfish Crackers (WG) 100% Fruit Juice	Pita bread (whole grain) w/hummas, water	grahams crackers Milk