

July Menu

JULY 1

FRIDAY 7/1

Breakfast - Pancakes, Pears & Milk
Lunch - BBQ Chicken w/Rice, Butter Peas, Mixed Fruit & Milk
3pm Snack - Cheese & Crackers

JULY 4 - 8

MONDAY 7/4

**INDEPENDENCE DAY
ALL CENTERS CLOSED**

TUESDAY 7/5

Breakfast - Blueberry Muffins, Diced Peaches & Milk
Lunch - Steak Nuggets, Tater Tots, Diced Pears & Milk
3pm Snack - Goldfish Crackers

WEDNESDAY 7/6

Breakfast - French Toast, Applesauce & Milk
Lunch - Italian Chicken & Broccoli w/Pasta
Pineapple Tidbits & Milk
3pm Snack - Apple Slices

THURSDAY 7/7

Breakfast - Oatmeal, Mandarin Oranges & Milk
Lunch - Turkey Stroganoff w/Pasta, Purple Hull Peas, Diced Pears & Milk
3pm Snack - Frozen Yogurt

FRIDAY 7/8

Breakfast - Cheese Grits, Pineapple Tidbits & Milk
Lunch - Fish Nuggets, Tater Tots, Diced Peaches & Milk
3pm Snack - Animal Crackers

JULY 11 - 15

MONDAY 7/11

Breakfast - Oatmeal, Diced Peaches & Milk
Lunch - Chefs Choice, Pineapple Tidbits & Milk
3pm Snack - Pretzels & Lemonade

TUESDAY 7/12

Breakfast - Chocolate Chip Muffins, Applesauce & Milk
Lunch - Chicken Etouffee & Rice, Purple hull Peas, Mixed Fruit & Milk
3pm Snack - Goldfish Crackers

WEDNESDAY 7/13

Breakfast - Cheese Biscuits, Diced Pears & Milk
Lunch - Chicken Spaghetti, String Beans, Diced Peaches & Milk
3pm Snack - Frozen Yogurt

THURSDAY 7/14

Breakfast - Cheese Grits, Diced Peaches & Milk
Lunch - Meat Sauce & Macaroni, Butter Peas, Diced Pears & Milk
3 pm snack - Animal Crackers

FRIDAY 7/15

Breakfast - French Toast, Pineapple Tidbits & Milk
Lunch - Chicken Nuggets, Mashed Potatoes, Mixed Fruit & Milk
3pm Snack - Cheese & Crackers

JULY 18 - 22

MONDAY 7/18

Breakfast - Banana Muffins, Diced Peaches & Milk
Lunch - Oriental Chicken & Vegetables w/ Rice, Pineapple Tidbits & Milk
3pm Snack - Vanilla Wafers

TUESDAY 7/19

Breakfast - French Toast, Applesauce & Milk
Lunch - Cheese Pizza, String Beans, Mixed Fruit & Milk
3pm Snack - Goldfish Crackers

WEDNESDAY 7/20

Breakfast - Waffles, Diced Peaches & Milk
Lunch - Fish Nuggets, Cheese Grits, Diced Pears & Milk
3pm Snack - Cheese & Crackers

THURSDAY 7/21

Breakfast - Oatmeal, Diced Pears & Milk
Lunch - Baked Chopped Steak, Butter Peas, Pineapple Tidbits & Milk
3pm Snack - Animal Crackers

FRIDAY 7/22

Breakfast - Cheese Grits, Mixed Fruit & Milk
Lunch - Chicken & Sausage Paella, Purple Hull Peas, Diced Pears & Milk
3pm Snack - Frozen Yogurt

JULY 25 - 29

MONDAY 7/25

Breakfast - Peach Muffins, Mandarin Oranges & Milk
Lunch - Chefs Choice, Diced Pears & Milk
3pm Snack - Cheese & Crackers

TUESDAY 7/26

Breakfast - Cheese Biscuits, Diced Peaches & Milk
Lunch - Sloppy Joes, Tater Tots, Pineapple Tidbits & Milk
3 pm Snack - Vanilla Wafers

WEDNESDAY 7/27

Breakfast - French Toast, Applesauce & Milk
Lunch - Chicken Nuggets, Mashed Potatoes, Diced Pears & Milk
3pm Snack - Frozen Yogurt

THURSDAY 7/28

Breakfast - Cheese Grits, Pineapple Tidbits & Milk
Lunch - Meatballs & Spaghetti, String Beans, Diced Peaches & Milk
3pm Snack - Goldfish Crackers

FRIDAY 7/29

Breakfast - Oatmeal, Mandarin Oranges & Milk
Lunch - Chicken & Sausage Tetrastini, Butter Peas, Mixed Fruit & Milk
3pm Snack - Fresh Fruit

**** Please remember to send in a substitute if there is something on the menu your child cannot eat due to allergies or other food restrictions. All substitutes need to be checked in at the front desk and must be nut free!**

**** Sausage being served is turkey sausage**



"Growing Room Tallahassee"



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