



# July 2024

## Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>1</b>      <b>Breakfast</b></p> <p>Mixed Fruit Whole Grain Rice Krispies *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Make Your Own Ham &amp; Cheese Wraps Carrot Sticks/ **Green Beans Pears Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Cinnamon Crisp Bites Cheese Slices Water</p>	<p><b>2</b>      <b>Breakfast</b></p> <p>Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Fish Sticks Tossed Salad w/Dressing **Carrots 100% Whole Wheat Bread Watermelon *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Animal Crackers Peaches Water</p>	<p><b>3</b>      <b>Breakfast</b></p> <p>Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Diced Chicken w/Pasta Cooked Peas Sliced Apples *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Apples Whole Grain Saltine Crackers Water</p>	<p><b>4</b></p> <p style="text-align: center;"><b>ALL LVCC CENTERS ARE CLOSED</b></p>	<p><b>5</b></p> <p style="text-align: center;"><b>ALL LVCC CENTERS ARE CLOSED</b></p>
<p><b>8</b>      <b>Breakfast</b></p> <p>Whole Grain Corn Chex Oranges *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Yogurt Carrots/ **Green Beans Whole Grain Crackers Mozzarella Cheese Sticks/Pears *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>String Cheese Oranges Water</p>	<p><b>9</b>      <b>Breakfast</b></p> <p>Whole Grain Pancakes 100% Apple Juice *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Diced Chicken in White Cheese Sauce w/Pasta Tossed Salad w/Dressing **Carrots Bananas *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Blueberry Lemon Crisp Applesauce Water</p>	<p><b>10</b>      <b>Breakfast</b></p> <p>Bananas Whole Grain Cheerios *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Beef Barbecue on a Whole Wheat Bun Corn Sliced Apples *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Tostado Chips w/Shredded Cheese Water</p>	<p><b>11</b>      <b>Breakfast</b></p> <p>100% Orange Juice 100% Whole Wheat Bread w/Cream Cheese *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Make Your Own Ham &amp; Cheese Wraps Celery/ ** Green Beans Whole Grain Tortilla Wraps Cantaloupe *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Wheat Hard Pretzels Mixed Fruit Water</p>	<p><b>12</b>      <b>Breakfast</b></p> <p>Diced Pears 100% Whole Grain Bagels *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Egg Patties w/Ham Slice Whole Grain English Muffin Carrots Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Educational Crackers Cheese Slices Water</p>



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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>15</b> <b>Breakfast</b></p> <p>Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Make Your Own Turkey &amp; Cheese Wraps Carrots/ **Green Beans Pears Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Maple Crackers Peaches Water</p>	<p><b>16</b> <b>Breakfast</b></p> <p>Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Beef Taco Meat w/Tomatoes Shredded Cheese &amp; Lettuce Whole Grain Tortilla Wrap Watermelon Cooked Corn *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Soft Pretzel Sticks w/Mustard Applesauce Water</p>	<p><b>17</b> <b>Breakfast</b></p> <p>Bananas Multi Grain Cheerios *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Chicken w/Diced Tomatoes &amp; Rice Tossed Salad w/Dressing **Carrots Whole Wheat Crackers Peaches *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Goldfish Crackers Oranges Water</p>	<p><b>18</b> <b>Breakfast</b></p> <p>Apples Multi Grain Corn Flakes *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Make Your Own Ham &amp; Cheese Wraps Carrots Whole Grain Tortilla Wraps Oranges *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Animal Crackers Apples Water</p>	<p><b>19</b> <b>Breakfast</b></p> <p>Oranges Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Egg Patties Whole Grain Pancake Cooked Mixed Vegetables Applesauce *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Graham Crackers Cheese Slices Water</p>
<p><b>22</b> <b>Breakfast</b></p> <p>Bananas Whole Grain Life Cereal *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Make Your Own Turkey &amp; Cheese Wraps Carrots/ **Green Beans Whole Grain Tortilla Wraps Sliced Apples *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Blueberry Lemon Crisp Applesauce Water</p>	<p><b>23</b> <b>Breakfast</b></p> <p>Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Diced Chicken w/Pasta Cooked Green Beans Whole Wheat Dinner Rolls Bananas *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Cheese It Crackers Cheese Slices Water</p>	<p><b>24</b> <b>Breakfast</b></p> <p>Apple Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice w/Kidney Beans Diced Pears *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Whole Grain Cinnamon Crisp Bites Cheese Slices Water</p>	<p><b>25</b> <b>Breakfast</b></p> <p>100% Orange Juice 100% Whole Wheat Bread w/Cream Cheese *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Soy Pockets **Cheese Sandwiches Large Hard Boiled Eggs Celery Apples *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Apples Whole Grain Goldfish Crackers Water</p>	<p><b>26</b> <b>Breakfast</b></p> <p>Applesauce Whole Grain English Muffin *Unflavored Whole/ Skim Milk</p> <p><b>Lunch</b></p> <p>Chicken Corn Chowder String Cheese Whole Wheat Crackers Applesauce *Unflavored Whole/ Skim Milk</p> <p><b>Snack</b></p> <p>Soy Butter on Whole Grain Saltine Crackers Water</p>



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<p><b><u>29</u></b>      <b><u>Breakfast</u></b></p> <p>Bananas Multi Grain Cheerios *Unflavored Whole/ Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Make Your Own Turkey &amp; Cheese Wraps Carrots Pears Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain Maple Crackers Apples Water</p>	<p><b><u>30</u></b>      <b><u>Breakfast</u></b></p> <p>100% Orange Juice 100% Whole Grain Bagels *Unflavored Whole/ Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Egg Patties w/Ham Slice Whole Grain English Muffin Diced Potatoes Watermelon *Unflavored Whole/ Skim Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain Graham Crackers Grapes Water</p>	<p><b><u>31</u></b>      <b><u>Breakfast</u></b></p> <p>Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Beef Patties on a Whole Wheat Bun Baked Beans Sliced Apples *Unflavored Whole/ Skim Milk</p> <p><b><u>Snack</u></b></p> <p>Applesauce Whole Grain Goldfish Crackers Water</p>		