



# July 2025

## Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<b><u>1</u></b> <b>Breakfast</b> 100% Orange Juice Whole Grain Pancakes *Unflavored Whole/ Skim Milk  <b>Lunch</b> Meatballs in Gravy Tossed Salad w/Dressing **Carrots Whole Wheat Dinner Rolls Bananas *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Graham Crackers Bananas Water	<b><u>2</u></b> <b>Breakfast</b> Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk  <b>Lunch</b> Chicken Stew w/Mixed Vegetables Soy Butter Applesauce Whole Grain Crackers *Unflavored Whole/ Skim Milk  <b>Snack</b> Applesauce Whole Grain Goldfish Crackers Water	<b><u>3</u></b> <b>Breakfast</b> 100% Orange Juice Whole Grain Waffles *Unflavored Whole/ Skim Milk  <b>Lunch</b> Make Your Own Ham & Cheese Wraps Whole Grain Tortilla Wraps Carrots/ **Green Beans Pears *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Wheat Hard Pretzels Peaches Water	<b><u>4</u></b>  <b>ALL LVCC CENTERS ARE CLOSED</b>
<b><u>7</u></b> <b>Breakfast</b> Whole Grain Life Cereal Oranges *Unflavored Whole/ Skim Milk  <b>Lunch</b> Soy Pockets **Cheese Sandwiches Hard Boiled Eggs Carrots **Mixed Vegetables Peaches *Unflavored Whole/ Skim Milk  <b>Snack</b> String Cheese Peaches Water	<b><u>8</u></b> <b>Breakfast</b> Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk  <b>Lunch</b> Beef Vegetable Stew w/Pasta Cheese Slices Fresh Apples Whole Grain Crackers *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Maple Crackers Peaches Water	<b><u>9</u></b> <b>Breakfast</b> Whole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk  <b>Lunch</b> Baked Whole Grain Ziti w/Beef & Shredded Cheese Cooked Carrots Mixed Fruit *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Goldfish Crackers Oranges Water	<b><u>10</u></b> <b>Breakfast</b> Whole Grain Rice Krispies Oranges *Unflavored Whole/ Skim Milk  <b>Lunch</b> Yogurt Celery **Corn Whole Grain Crackers Soy Butter/Grapes *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Cinnamon Crisp Bites Applesauce Water	<b><u>11</u></b> <b>Breakfast</b> Apple Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk  <b>Lunch</b> Chicken w/ Diced Tomato & Rice Tossed Salad w/Dressing **Carrots Pears *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Ritz Crackers Cheese Slices Water



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<b>14 Breakfast</b> Whole Grain Chex Mixed Fruit *Unflavored Whole/ Skim Milk  <b>Lunch</b> Make Your Own Ham & Cheese Wraps Carrots/ ** Green Beans Whole Grain Tortilla Wraps Peaches *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Graham Crackers Applesauce Water	<b>15 Breakfast</b> Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk  <b>Lunch</b> Fajita Chicken w/ Pepper, Onion & Rice Cooked Carrots Whole Wheat Dinner Rolls Watermelon *Unflavored Whole/ Skim Milk  <b>Snack</b> Apples Whole Grain Ritz Crackers Water	<b>16 Breakfast</b> Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk  <b>Lunch</b> Diced Turkey Ham & Baked Beans Tossed Salad w/Dressing / ** Carrots Whole Wheat Bread Applesauce *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Maple Crackers Peaches Water	<b>17 Breakfast</b> Whole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk  <b>Lunch</b> Tuna Salad Celery **Corn Oranges Whole Grain Crackers *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Soft Pretzel Sticks Applesauce Water	<b>18 Breakfast</b> Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk  <b>Lunch</b> Chicken & Pasta in a White Cheese Sauce Peas Sliced Apples *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Graham Crackers w/Soy Butter Water
<b>21 Breakfast</b> 100% Orange Juice 100% Whole Wheat Bread *Unflavored Whole/ Skim Milk  <b>Lunch</b> Make Your Own Turkey & Cheese Sandwiches Carrots/ **Peas Whole Wheat Bread Peaches *Unflavored Whole/ Skim Milk  <b>Snack</b> Sliced Apples Whole Grain Blueberry Lemon Crisp Cracker Water	<b>22 Breakfast</b> Bananas Whole Grain Rice Krispies *Unflavored Whole/ Skim Milk  <b>Lunch</b> Chili w/Ground Beef, Kidney Beans & Rice Cooked Corn Apples *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Educational Crackers Peaches Water	<b>23 Breakfast</b> Whole Grain English Muffins Bananas *Unflavored Whole/ Skim Milk  <b>Lunch</b> Macaroni & Cheese w/Diced Turkey Ham Tossed Salad w/Dressing **Carrots Applesauce *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Animal Crackers Applesauce Water	<b>24 Breakfast</b> Whole Grain Life Cereal Oranges *Unflavored Whole/ Skim Milk  <b>Lunch</b> Make Your Own Ham & Cheese Wraps Celery/ **Green Beans Oranges Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Cheese It Crackers Cheese Slices Water	<b>25 Breakfast</b> 100% Orange Juice Whole Grain Pancakes *Unflavored Whole/ Skim Milk  <b>Lunch</b> Ground Beef w/Pasta Three Bean Salad Whole Wheat Dinner Rolls Peaches *Unflavored Whole/ Skim Milk  <b>Snack</b> Whole Grain Graham Crackers w/Soy Butter Water



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<b><u>28</u></b> <b><u>Breakfast</u></b> Whole Grain Cheerios Bananas *Unflavored Whole/ Skim Milk  <b><u>Lunch</u></b> Yogurt Carrots / **Peas Whole Grain Crackers Soy Butter Mixed Fruit *Unflavored Whole/ Skim Milk  <b><u>Snack</u></b> Whole Grain Tostado Chips w/Salsa Water	<b><u>29</u></b> <b><u>Breakfast</u></b> Diced Pears Whole Grain Bagels *Unflavored Whole/ Skim Milk  <b><u>Lunch</u></b> Egg Patty w/Cheese on a Whole Grain English Muffin Diced Potatoes Watermelon *Unflavored Whole/ Skim Milk  <b><u>Snack</u></b> Whole Grain Educational Crackers Cheese Slices Water	<b><u>30</u></b> <b><u>Breakfast</u></b> 100% Orange Juice 100% Whole Wheat Bread *Unflavored Whole/ Skim Milk  <b><u>Lunch</u></b> Ground Beef w/Pasta Tossed Salad w/Dressing / ** Carrots Whole Wheat Dinner Rolls Peaches *Unflavored Whole/ Skim Milk  <b><u>Snack</u></b> Whole Grain Goldfish Crackers Oranges Water	<b><u>31</u></b> <b><u>Breakfast</u></b> Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk  <b><u>Lunch</u></b> Make Your Own Turkey & Cheese Wraps Red Beets Peaches Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk  <b><u>Snack</u></b> Whole Grain Maple Crackers Apples Water	