

~ July 2018 ~						
◀ Jun 2018						Aug 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Week 3	<b>2</b> Breakfast: Turkey sausage and biscuits  Lunch: Baked Wheat Ziti, Pineapple Diced carrots  Snack: Cheese sticks and goldfish	<b>3</b> Breakfast: Cheesy hash brown casserole  Lunch: Turkey and cheese roll up Peas and carrots, Peaches  Snack: Graham Crackers and raisins	<b>4</b> 	<b>5</b> Breakfast: Blueberry waffles  Lunch: Baked wheat spaghetti green beans, Fruit cocktail  Snack: Wafers and pudding	<b>6</b> Breakfast: banana muffins  Lunch: Pizza, Mixed vegetables Pears  Snack: Goldfish and applesauce	<b>7</b>
<b>8</b> Week 4	<b>9</b> Breakfast: Turkey Sausage Biscuits  Lunch: Chicken Alfredo, Broccoli Pineapples  Snack: Cheeze-its and Jell-O	<b>10</b> Breakfast: Cheese Grits and honeydew  Lunch: Corn Dog nuggets, Corn, Peaches  Snack: Cheese sticks and crackers	<b>11</b> Breakfast: Pancakes and strawberries  Lunch: Mac n Cheese, green beans, Pears  Snack: Yogurt parfait	<b>12</b> Breakfast: Turkey bacon, Omelets  Lunch: Baked wheat ziti, Peas, Pears  Snack: Animal crackers and strawberries	<b>13</b> Breakfast: Cereal and strawberries  Lunch: Chicken nuggets, Sweet potato fries Pineapple  Snack: Chex mix and applesauce	<b>14</b>
<b>15</b> Week 5	<b>16</b> Breakfast: Raisin toast, turkey sausage and yogurt  Lunch: Wheat lasagna, Green beans Pears  Snack: Cheese sticks and grapes	<b>17</b> Breakfast: Cereal and yogurt  Lunch: Chicken quesadilla, Black beans and rice, Peaches  Snack: Grapes and Cheez-its	<b>18</b> Breakfast: Cheese Omelets, Turkey Bacon  Lunch: Turkey and cheese wheat wraps, Green beans, Mandarin oranges  Snack: Yogurt and wafers	<b>19</b> Breakfast: Waffles w/ grapes  Lunch: BBQ Chicken, Baked beans Fruit cocktail  Snack: Goldfish and grapes	<b>20</b> Breakfast: Muffins with bananas  Lunch: Pizza, Mashed Cauliflower Pears  Snack: Graham crackers and pudding	<b>21</b>
<b>22</b> Week 6	<b>23</b> Breakfast: Turkey sausage and biscuits  Lunch: Baked Wheat Ziti, Pineapple Diced carrots  Snack: Apple slices and goldfish	<b>24</b> Breakfast: Baked Oatmeal  Lunch: Chicken and rice w/ broccoli Black eyed peas Pears  Snack: Cheese & Crackers	<b>25</b> Breakfast: Cheese Eggs With Turkey Bacon  Lunch: Grilled turkey and cheese, lima beans Apple slices  Snack: applesauce and graham crackers	<b>26</b> Breakfast: Hash brown casserole  Lunch: Chicken alfredo w/ spinach, Peas & Carrots Oranges  Snack: raisins and graham crackers	<b>27</b> Breakfast: Cereal w/yogurt  Lunch: Chicken nuggets, sweet potato fries Pineapple  Snack: Jello and apple slices	<b>28</b>
<b>29</b> Week 7	<b>30</b> Breakfast: Cheese Omelets and Turkey Bacon  Lunch: Ravioli, green beans, pineapples  Snack: Yogurt and strawberries	<b>31</b> Breakfast: Hash brown casserole  Lunch: Chicken alfredo, Peas & Carrots Pineapple  Snack: raisins and graham crackers	<b>Notes:</b>			