




MON	TUE	WED	THU	FRI
 <p>6 Breakfast: Life Cereal, Pears, 1% milk Lunch: Tuna Fish Sand, (*chix), Lettuce & Tom, Apple, 1% milk Snack : Breadsticks, 100% White grape juice</p>	 <p>7 Breakfast: Grits, mandarin orange, 1% milk Lunch: BBQ chicken (*Tofu), mashed pot, steamed cabbage, rye bread, peaches, 1% milk Snack : Low-fat strawberry, yogurt, Wheat thins, wa</p>	<p>1 Breakfast: WW pancakes, Applesauce, 1% milk Lunch: Baked Chicken, (*Beans) Brown Rice, peas & carrots, pears, 1% milk Snack : Apricots, Ritz crackers, water</p>	<p>2 Breakfast: Cream of Wheat, Oranges, 1% milk Lunch: Spaghetti & meat (*cheese) sauce, cucumbers & tom, Trop fruit salad, 1% Milk Snack : Mozz cheese sticks, carrot sticks, water</p>	<p>3 NO CHILDREN STAFF CONFERENCE DAY</p>
<p>13 Breakfast: Rice chex, peaches 1% milk Lunch: Turkeyburgers (*Veggie Burgers) on WW buns, Lettuce & tom, oranges, 1% milk Snack :Low-fat Cheese sticks, apples, water</p>	<p>14 Breakfast: WW Bagels w 100% fruit spread, apricots, 1% milk Lunch: Chicken Salad, (*Tuna Fish) pita bread, carrot sticks, bananas, 1% milk Snack :Mini pretzels 100% grape juice</p>	<p>8 Breakfast: Waffles, Tropical fruit salad, 1% milk Lunch: Stuffed Shells (CN label) w mozz cheese (*Chicken Patty), collard greens, apricots, 1%, milk Snack : Goldfish, cantaloupe</p>	<p>9 Breakfast: Oatmeal, bananas, 1% milk Lunch: Chicken (*Tofu) Stir fry w oriental vegs, brown rice, plums, 1% milk Snack : Trail Mix (Raisins, granola, pretzels, rice chex),</p>	<p>10 Breakfast: English muffin, cream cheese, pineapple, 1% milk Lunch: Beef (*beans) vegetable stew, egg noodles, spinach, pears, 1%, milk Snack: Triscuits, 100% apple juice</p>
<p>20 HOLIDAY CLOSED</p>	<p>21 Breakfast: Grits, apricots, 1% milk Lunch: Stuffed Shells w xtra mozz cheese (*Chicken Patty), oriental vegs, pears, 1% milk Snack : 1% Milk, Rice Chex</p>	<p>22 Breakfast: Oatmeal, banana, 1% milk Lunch: Oven baked chicken, (*Fish) corn on the cob, WW roll, pineapple tidbits, 1% milk Snack : Trop fruit salad, goldfish, water</p>	<p>16 Breakfast: Oatmeal, mandarin oranges, 1% milk Lunch: Stewed chicken (*beans), Rice Pilaf, cucumber & tomato, pineapples, 1% milk Snack : Ritz crackers, 100% Apple Juice</p>	<p>17 Breakfast: Cheerios cereal, banana, 1% milk Lunch: Spaghetti, & Meat balls (*Mozz cheese), green beans, apples, 1% milk Snack : Fruit cup, goldfish, water</p>
<p>23 Breakfast: Rice Chex, fruit cocktail, 1% milk Lunch: Chili w beans, (*beans only-no meat) brown rice, cucumbers & tom, bananas, 1% milk Snack : mozz sticks, Oranges, water</p>	<p>24 Breakfast: WW waffles, applesauce, 1% milk Lunch: Pizza (CN) w xtra cheese (*Veggie Burger), broccoli, apples, 1% milk Snack : Trail Mix (Raisins, granola, pretzels, rice chex), water</p>			

Have a safe, healthy summer!

Remember to read to your child everyday!!

