



July  
2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Am snack: Animal crackers  Lunch: Veggie Lasagna, peas and mixed fruit  Pm snack: Ice cream	7 Am snack: Oatmeal  Lunch: Chicken primavera, green beans, pears  Pm snack: Mini pretzel	8 Am snack: cereal bars  Lunch: Mini cheese steak, tater tots, fruit salad  Pm snack: crackers	9 Am snack: Bagel and cream cheese  Lunch: Beef stew and fruit  Pm snack: Fruit snacks	10
11	12 Am snack: Cereal Bar  Lunch: Cheese pizza, mixed veg and fruit salad  Pm snack: Animal crackers	13 Am snack: oatmeal  Lunch: meat loaf, mashed potatoes, mixed fruit  Pm snack: teddy grahams	14 Am snack: Oatmeal  Lunch: beef and broccoli, steamed white rice, fruit  Pm snack: graham crackers	15 Am snack: pancakes  Lunch: chicken-n-dumplings, mixed veg and fruit  Pm snack: gold fish	16 Am snack: French toast  Lunch: grilled ham and cheese, corn, applesauce  Pm snack: fruit snacks	17
18	19 Am snack: string cheese  Lunch: chicken patty sandwich, tater tots, fruit salad  Pm snack: cookies	20 Am snack: yogurt cup  Lunch: pancakes and sausage, apple-sauce  Pm snack: teddy grahams	21 Am snack: Oatmeal  Lunch: chicken quesadilla, peas, oranges  Pm snack: graham crackers	22 Am snack: cereal bar  Lunch: meat lasagna, corn, pears  Pm snack: snack mix	23 Am snack: string cheese  Lunch: corn dog nuggets, green beans, peaches  Pm snack: mini pretzels/fruit snacks	24
25	26 Am snack: yogurt cup  Lunch: pulled pork sandwich, coleslaw, pears  Pm snack: cheezits	27 Am snack: cheerios  Lunch: crunchy tacos, tomatoes, lettuce, cheese, rice, fruit salad  Pm snack: teddy grahams	28 Am snack: Oatmeal  Lunch: roasted chicken, broccoli, oranges  Pm snack: gold fish	29 Am snack: yogurt cup  Lunch: chicken pot pie with veggies, applesauce  Pm snack: teddy grahams	30 Am snack: cereal bar  Lunch: grilled cheese, corn, pears  Pm snack: animal crackers	