

July 2025

Child and Youth Programs CDC

Monday

Tuesday

Wednesday

Thursday

Friday

	02	03	04	05
	<u>Multi-Gran Cheerios</u> , Diced Pears, Milk Fish Patty w/Tartar Sauce, Brown Rice, Mixed Veggies, Pineapples Chunks, Milk Ritz Cracker, Cheese Slices, Water Saltine Crackers. Water Week 4	<u>Oatmeal</u> , Mixed Fruit, Milk Corned Beef, sandwich on <u>Whole Grain Bread</u> , Lettuce Tomato, Banana, Milk Cottage Cheese, Peaches, Water Goldfish Crackers, Water	Happy Holiday Closed 	Raisin Bread, Cream Cheese, Banana & Milk <u>Ham & Cheese Wrap with Whole Grain Tortilla</u> , Lettuce, Tomato, Orange slice, Milk Graham Crackers, Yogurt, Water Carrot Sticks with Ranch Dressing , Wheat Thins, Water Chicken N Biskit Crackers, Water
07	08	09	10	11
<u>Kix Cereal</u> , Mixed Fruit, Milk Chili w/Brown Rice, Corn, Orange Slices, Milk Graham Crackers, Peaches. Water Teddy Graham. Water Week 5	Oatmeal, Mixed Fruit, Milk Corned Beef on sandwich on <u>whole grain bread</u> , lettuce tomato, banana, Milk Cottage Cheese, Peaches Goldfish Crackers, Water	Rice Chex , Mandarin Oranges, Milk Chicken Strips, <u>Brown Rice</u> , Broccoli, Apples Slices, Milk Goldfish Cracker, Pears., Water Vanilla Wafer, Water	Waffles, Melon Slices, Milk Meat Loaf, Mashed Potatoes, Whole Grain Bread, Mixed Fruit , Milk Cheese It, Pineapple Water Graham Cracker, Water	<u>Whole Grain Cinnamon Toast</u> , Orange Slices, Milk Spaghetti with Meat Sauce, Tossed Salad, Melon, Bread Sticks, Milk Goldfish Cracker, Milk Vanilla Wafer, Water
14	15	16	17	18
Kix Cereal, Mandarin Oranges, Milk Chicken Nuggets, Brown Rice, Corn/ Carrots, Pineapple Chunks, Milk Ritz Crackers, Water Graham Crackers, Water Week 1	<u>Whole Grain-Cinnamon Toast</u> , Applesauce, Milk Beef & Macaroni, Broccoli, Oranges Slices, Milk Bagels Cream Cheese, Grape Juice/Milk Saltine Crackers, Milk	Biscuit w/Jelly Banana, Jelly Turkey Sandwich on Whole Grain Bread, Lettuce, Tomato, Cantaloupe, Milk Vanilla Yogurt, Peaches, Water Goldfish Crackers, Water	English Muffin w/Cheese, Pineapple, Milk Chicken & <u>Brown Rice</u> , Mixed Vegetables, Mandarin Oranges. Milk Graham Crackers., Applesauce, Water Cheese Nips, Water	Corn Chx Cereal , Peaches, Milk <u>Grilled Ham & Cheese on Whole Grain Bread</u> , Pear Slices, Veggie Sticks, Milk Goldfish Crackers, Mixed Fruit, Water Vanilla Wafers, Water
21	22	23	24	25
Cheerios, Peaches, Milk Macaroni & Cheese w/Ham , Green Beans, Mixed Fruit, Mik Cottage Cheese, Pineapple, Water Wheat Thins, Water Week 2	Yogurt & Granola , Bananas , Milk Beef/Cheese & Rigatoni, Broccoli, Peaches, <u>Whole Grain Bread</u> , Milk Saltine Crackers, Melon Slices, Water Ritz Crackers, Water	Scramble Eggs & cheese, Pears, Whole Grain Tortilla, Milk Tuna Salad Sandwich on <u>Whole Grain Bread</u> , Cheese, Cucumber, Lettuce, Apple Slices, Milk Goldfish Crackers, Mixed Fruit, Water Vanilla Wafers , Water	<u>Oatmeal</u> , Mandarin Oranges , Milk Taco Salad Seasoned Beef , Lettuce & Tomato, Pineapple , Tortilla Chips, Milk Banana Muffin, Milk Chicken N Biskit Cracker, Water	Waffles, Applesauce, Milk Teriyaki Chicken, <u>Brown Rice</u> , Mixed Vegetable, Mixed Fruit , Milk Carrot Sticks w/Ranch , Wheat Thin, Water Graham Crackers, Water
28	29	30	31	
Rice Chex Cereal, Diced Pears, Milk Teriyaki Burger on <u>Whole Grain Bun</u> ., French Fries, Mandarin Oranges, Milk Assorted Crackers, Yogurt, Water Wheat Thins, Water Week 3	English Muffin w/Cheese, Mandarin Orange, Milk Kalua Pork & Cabbage , <u>Brown Rice</u> , Pineapple, Milk <u>Graham Crackers</u> , Cantaloupe, Water Goldfish Crackers, Water	Cream of Wheat, Peaches Milk, Turkey & Cheese Sandwich on Whole Grain Bread, Lettuce & Tomato, Apple Slices, Milk Cucumber Slices w/Ranch Dressing, Wheat thin, Water Assorted Crackers, Wate r	French Toast, Applesauce, Milk Egg Salad on Whole Grain Bread, Lettuce & Tomato, Orange Slices, Milk Chic 'n' Biscuit Crackers, Melon Slices, Water Cheese Nips, Water	

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442;
3. email: pr_gram.intake@usda.gov

This institution is an equal opportunity provider.

Breakfast:	1-2	3-5	6+
Milk	1/2 cp	3/4 Cp	1cp
Grain	1/2oz.	1/2oz. Eq.	1 oz. Eq.
Fruit	1/2 oz.	1/2 oz. Eq.	1 oz. Eq.
Lunch:	1-2	3-5	6+
Milk	1/2 cp.	3/4 cp.	1 cp.
Grain	1/2 oz. Eq.	1/2 oz. Eq.	1 oz. Eq.
Fruit	1/4 cp.	1/2 cp.	3/4 cp.
Vegetable	1/4 cp.	1/2 cp.	3/4 cp.
Meat	1 oz.	1.5 oz.	2 oz.
Snack :	1-2	3-5	6+
Milk	1/2 cp.	3/4 cp.	1 cp.
Grain	1/2 oz. Eq.	1/2 oz. Eq.	1 oz. Eq.
Fruit	1/4 cp.	1/2 cp.	1/2 cp.
Meat	1oz.	1.5 oz.	2 oz.

