

# July 2025

## Child and Youth Programs CDC

Monday

Tuesday

Wednesday

Thursday

Friday

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

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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;
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**This institution is an equal opportunity provider.**

<b>Breakfast:</b>	<b>1-2</b>	<b>3-5</b>	<b>6+</b>
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.
<b>Lunch:</b>	<b>1-2</b>	<b>3-5</b>	<b>6+</b>
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.
<b>Snack :</b>	<b>1-2</b>	<b>3-5</b>	<b>6+</b>
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.

