

JULY 2026

Kulia School Age Center Program

Monday

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

Multi-Grain Cheerios, Peaches, Milk **6**

Pretzels, Cheese Sticks, Water

Chicken N Biskit Crackers, Water
Week 2

Kix Cereal, Apple Slices, Milk **13**

Swirl Bread w/Cream Cheese, Apple Juice

Wheat Thin, Water
Week 3

Multi-Grain Cheerios, Mixed Fruit, Milk **20**

Saltine Crackers, Cheese & Ham Slices, Water

Chicken N Biskit Crackers, Water
Week 4

Kix Cereal, Pears, Milk **27**

Taco Chips, Shredded Cheese, Salsa, Water

Teddy Graham, Water
Week 5

Tuesday

Raisin Bread w/Cream Cheese, Banana Milk **7**

Egg Salad Sandwich on **Whole Grain Bread**, Apple Juice

Ritz Crackers, Water

English Muffin w/Jelly, Pineapple, Milk **14**

Teddy Graham, Mixed Fruit, Milk

Goldfish Crackers, Water

French Toast Stick, Mandarin Oranges Milk **21**

Sunflower Butter & Jelly on **Whole Grain Tortilla**, Milk

Saltine Crackers, Water

Bagels w/Cream Cheese, Pineapple Chunks, Milk **28**

Egg Sandwich on **Whole Grain Bread**, Apple Juice

Whole Grain Ritz Crackers, Water

Wednesday

French Toast Sticks, Mixed Fruit, Milk **1**

Sunflower Butter & Jelly on **Whole Grain Tortilla**, Milk

Goldfish Crackers, Water
Week 1

Oatmeal, Mandarin Oranges, Milk **8**

Cheese Nips, Mixed Fruit, Water

Vanilia Wafer, Water

Yogurt Granola, Blueberries, Milk **15**

Turkey & Cheese on **Whole Grain Tortilla**, Water

Assorted Crackers, Water

Oatmeal, Apple Slices, Milk **22**

Egg Salad Sandwich on Whole Grain Bread, Apple Juice

Goldfish Crackers, Pears, Water

Scramble Eggs w/Cheese, Mandarin Oranges, **Whole Grain Tortilla** Milk **29**

Blueberry Muffin, Grape Juice

Cheese Nips, Water

Thursday

Sausage Patty Biscuit, Blueberries, Milk **2**

Ham & Cheese **Tea Roll**, Water

Cheese Nips, Water

Scrambled Eggs & Cheese, Pears **Whole Grain Toast**, Milk **9**

Banana Muffin, Milk

Wheat Thins, Water

Hardboiled Egg, **Whole Grain Toast** w/Jelly, Orange Slices, Milk **16**

Breadsticks w/Marinara, Cheese Stick, Water

Vanilla Wafers, Water

Waffles, Blueberries, Milk **23**

Graham Crackers, Yogurt, Water

Pretzels, Water

Multi Grain Cheerios, Strawberries Milk **30**

Breadsticks w/Marinara Cheese Stick, Water

Graham Crackers, Water

Friday

CLOSED

Waffles, Strawberries, Milk **10**

Carrot Sticks w/Ranch, **Wheat Grain Ritz Crackers**, Water

Graham Crackers, Water

Whole Grain Cinnamon Toast, Banana Milk **17**

Chicken N Biskit Crackers, Watermelon, Water

Cheese Nips, Water

Sausage Patty Biscuit, Melon Milk **24**

Carrot Sticks w/Ranch, **Whole Grain Ritz Crackers**, Water

Cheese Nips, Water

Whole Grain Toast, w/Sunflower Butter, Milk **31**

Swirl Bread w/Cream Cheese, Grape Juice

Saltine Crackers, Water

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