

JULY 2026

Child Development Center

Monday

Breakfast				Lunch				Snack			
	1-2	3-5	6+		1-2	3-5	6+		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	1/4 cp	1/2 cp.	1/2 cp.				
				Meat	1oz	1.5 oz	2 oz				

Cheerios, Peaches, Milk **6**

Macaroni & Cheese w/Ham, Green Beans, Mixed Fruit, Milk

Cottage Cheese, Pineapple, Water

Wheat Thins, Water Week 2

Rice Chex Cereal, Diced Pears, Milk **13**

Teriyaki Burger on Whole Grain Bun, French Fries, Mandarin Oranges, Milk

Assorted Crackers, Yogurt, Water

Wheat Thin, Water Week 3

Multi-Grain Cheerios, Diced Pears, Milk **20**

Fish Patty w/Tartar, Sauce, **Brown Rice**, Mixed Veggies, Pineapple Chunks, Milk

Ritz Crackers, Cheese Slices, Water

Saltine Crackers, Water Week 4

Kix Cereal, Mixed Fruit, Milk **27**

Chili w/**Brown Rice**, Corn, Orange Slices, Milk

Saltine Crackers, Applesauce, Water

Teddy Graham, Water Week 5

Tuesday

Yogurt & Granola, Bananas, Milk **7**

Beef/Cheese & Rigatoni, Broccoli, Peaches, **Whole Grain Bread**, Milk

Saltine Crackers, Melon Slices, Water

Ritz Crackers, Water

English Muffin w/Cheese, Mandarin Oranges, Milk **14**

Kalua Pork & Cabbage, **Brown Rice**, Pineapple, Milk

Graham Crackers, Cantaloupe, Water

Goldfish Crackers, Water

Oatmeal, Mixed Fruit, Milk **21**

Corned Beef Sandwich on **Whole Grain Bread**, Lettuce Tomato, Banana, Milk

Cottage Cheese, Peaches, Milk

Goldfish Crackers, Water

Bagels & Cream Cheese, Pineapple Chunks, Milk **28**

Chicken Patty Sandwich on **Whole Grain Bun**, Lettuce Tomato, Applesauce, Milk

Graham Crackers, Water

Cheese Nips, Water

Wednesday

Biscuit w/Jelly Banana Milk **1**

Turkey Sandwich on Whole Grain Bread, Lettuce & Tomato, Cantaloupe, Milk

Vanilla Yogurt, Peaches, Water

Goldfish Crackers, Water Week 1

Scrambled Eggs & Cheese, Pears **8**

Whole Grain Tortilla, Milk

Tuna Salad Sandwich on **Whole Grain Bread** Cheese, Cucumber, Lettuce, Apple Slices, Milk

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafer, Water

Cream of Wheat, Peaches, Milk **15**

Turkey & Cheese Sandwich on Whole Grain Bread, Lettuce & Tomato, Apple Slices & Milk

Cucumber Slices w/ Ranch Dressing, Wheat Thins, Water

Assorted Crackers, Water

Rice Chex, Mandarin Oranges, Milk **22**

Chicken Strips, **Brown Rice**, Broccoli, Apple Slices, Milk

Goldfish Crackers, Pears, Water

Vanilla Wafer, Water

Sausage Patties Biscuits & Peaches, Milk **29**

Sunbutter & Jelly Sandwich on **Whole Grain Bread**, Carrot Sticks, Banana, Milk

Taco Chips/Soft tortilla Cottage Cheese, Salsa, Water

Ritz Crackers, Water

Thursday

English Muffin w/Cheese Pineapple Milk **2**

Chicken & **Brown Rice**, Mixed Vegetables, Mandarin Oranges, Milk

Graham Crackers, Applesauce, Water

Cheese Nips, Water

Oatmeal, Mandarin Oranges, Milk **9**

Taco Salad, Seasoned Beef, Lettuce & Tomato, Pineapple, Tortilla Chips, Milk

Banana Muffin, Milk

Chicken N Biskit Crackers, Water

Sweet Bread Toast, Banana, Milk **16**

Shepherd's Pie, Mashed Potatoes, **Whole Grain Bread**, Broccoli, Pears, Milk

Raisin Bread, Cream Cheese, Apple Juice/Milk

Vanilla Wafers, Water

Waffles, Melon Slices, Milk **23**

Meat Loaf, Mashed Potatoes, **Whole Grain Bread**, Mixed Fruit, Milk

Graham Crackers, Yogurt, Water

Cheese Nips, Water

Oatmeal, Pears, Milk **30**

Chicken Nuggets, French Fries, Mixed Fruit, **Whole Grain Bread**, Milk

Cheese It, Pineapple, Water

Graham Crackers, Water

Friday

CLOSED **3**

Waffles, Applesauce, Milk **10**

Teriyaki Chicken, **Brown Rice**, Mixed Vegetable, Mixed Fruit, Milk

Carrot Sticks w/Ranch, Wheat Thins, Water

Graham Crackers, Water

French Toast, Applesauce, Milk **17**

Egg Salad Sandwich Whole Grain Bread, Lettuce & Tomato, Oranges

Chic 'n' Biscuit Crackers, Melon slices, Water

Cheese Nips, Water

Raisin Bread, Cream Cheese, Milk **24**

Ham & Cheese Wrap with Whole Grain Tortilla, Lettuce & Tortilla, Oranges Slices, Milk

Carrot Sticks w/Ranch Dressing, Wheat Thins, Water

Chicken N Biskit, Water

Whole Grain Cinnamon Toast, Orange Slices, Milk **31**

Spaghetti with Meat Sauce Tossed Salad, Melon, Bread Sticks, Milk

Goldfish Cracker, Pear Slices, Milk

Vanilla Wafers, Water