



July 2014



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 pretzels, milk</p> <p>Preschool field trip</p> <p>Please bring a completely disposable bagged lunch</p> <p>apples, cheese</p>	<p>2 bananas, crackers</p> <p>Salami/cheese sandwiches on multi-grain bread cooked corn cantaloupe</p> <p>muffins, milk</p>	<p>3 carrot sticks, crackers</p> <p><u>4th of July Picnic</u> Fried Chicken, coleslaw, mashed potatoes, gravy, corn, watermelon, lemonade, ice pops</p> <p>Nutrigrain bars, milk</p>	<p>4</p> <p>Appletree School is Closed</p> <p>4th of July Holiday</p>
<p>7 animal crackers, milk</p> <p>Meatless Monday: Cheese stuffed shells, marinara, bread, veggies, fruit, & milk</p> <p>apples, cheese</p>	<p>8 goldfish, milk</p> <p>Taco Tuesday: Grilled chicken, flour tortilla, salsa, cheese, lettuce, veggies, fruit, & milk</p> <p>Cheez-it crackers, juice</p>	<p>9 bagels w/cream cheese, milk</p> <p>Breakfast Day: English Muffins, Turkey Sausage, hard-boiled egg, veggies, fruit, & milk</p> <p>graham crackers, juice</p>	<p>10 celery w/ cream cheese, crackers</p> <p>Preschool field trip</p> <p>Please bring a completely disposable bagged lunch</p> <p>Granola bars, milk</p>	<p>11 pita bread w/hummus, milk</p> <p>Sliced Turkey, cheese, lettuce, tomato, whope wheat wrap, chips, veggies, fruit, & milk</p> <p>Fruit ice pops, crackers</p>
<p>14 goldfish, milk</p> <p>Meatless Monday: Baked Mac & Cheese, roll, veggies, fruit, & milk</p> <p>apples, cheese</p>	<p>15 pretzels, milk</p> <p>Chicken Salad Sammies: whole wheat bread, lettuce, veggies, fruit, & milk</p> <p>rice cakes, juice</p>	<p>16 yogurt, oranges</p> <p>Grilled Chicken with BBQ sauce, corn muffin, veggies, fruit, & milk</p> <p>graham crackers, juice</p>	<p>17 cucumbers w/ cream cheese, crackers</p> <p>Breakfast Day: Mini Pancakes, syrup, hard boiled eggs, veggies, fruit, & milk</p> <p>Nutrigrain bars, milk</p>	<p>18 popcorn, juice</p> <p>3's animal crackers, milk</p> <p>Beef Meatball subs, marinara, mozzarella cheese, veggies, fruit, & milk</p> <p>watermelon, cheese</p>
<p>21 pretzels, milk</p> <p>spaghetti rings, rolls, cucumbers w/ dip, pineapple</p> <p>apples, cheese</p>	<p>22 animal crackers, milk</p> <p>chicken/bologna sandwiches on whole grain bread, peas, applesauce</p> <p>Cheez-it crackers, juice</p>	<p>23 bananas, crackers</p> <p>macaroni w/beef, rolls, cauliflower w/ dip, mandarin oranges</p> <p>muffins, milk</p>	<p>24 carrot sticks, crackers</p> <p>fish patties w/ rice broccoli w/dip cantaloupe</p> <p>granola bars, milk</p>	<p>25 pita bread w/ hummus, milk</p> <p>chicken hot dogs veggies w/dip watermelon</p> <p>fruit ice pops, crackers</p>
<p>28 pretzels, milk</p> <p>vegetarian beans, sliced cheese, rolls, carrot sticks w/ dip, pears</p> <p>graham crackers, juice</p>	<p>29 goldfish, milk</p> <p>ham/cheese sandwiches on whole grain bread, green beans, peaches</p> <p>rice cakes, juice</p>	<p>30 bagels w/ cream cheese, milk</p> <p>chicken patties w/ rice peppers w/dip apples</p> <p>watermelon, cheese</p>	<p>31 celery w/ cream cheese, crackers</p> <p>beef tacos, Grapes</p> <p>Nutrigrain bars, milk</p>	<p>Milk is served with all lunches</p>