

July

ADULT DAY CENTER

Breakfast

Mon	Tue	Wed	Thu	Fri
		Yogurt Blueberries Milk	WG Apple Cinnamon Muffin Oranges Milk	FOURTH OF JULY HOLIDAY JRC CLOSED Milk
WG Croissant Served with Jelly Applesauce Milk	WG French Toast Peaches Milk	WG Bagel Served with Cream Cheese Oranges Milk	Oatmeal Cinnamon Apple Slices Milk	Cheesy Egg and Potato Bake Slice of WG Toast Milk
Chex Cereal Banana Milk	Yogurt Strawberries Milk	WG English Muffin Served with Cheese Watermelon Milk	Hard Boiled Eggs Slice of Toast Oranges Milk	WG Pancakes Blueberries Milk
Cheerios Cereal Banana Milk	Turkey Sausage Patty Grapes Milk	WG Waffles Strawberries Milk	Scrambled Eggs Mixed Berries (Raspberries, blackberries, strawberries, and blueberries) Milk	WG French Toast Applesauce Milk
Yogurt Tropical Fruit Milk	Egg and Cheese Omelette Fruit Cocktail Milk	WG Pancakes Blueberries Milk	Corn Flakes Pears Milk	WG Biscuits Served with Jelly Cinnamon Apples Milk

This institution is an Equal Opportunity Employer

Serving Sizes:

Milk - ½ cup (whole)

Milk - ¾ cup (1%)

Milk - 1 cup

Key:

HM - Homemade

WG - Whole Grain

Ages 1-2

Grains/Meat Alternative - ½ oz

Ages 3-5

Grains/Meat Alternative - ½ oz

Ages 6-18

Grains/Meat Alternative - ½ cup

WGR - Whole Grain Rich

WW - Whole Wheat

Fruit/Vegetable - ¼ cup

Fruit/Vegetable - ½ cup

Fruit/Vegetable - ½ cup

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Lunch

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Mon	Tue	Wed	Thu	Fri
		Chicken Tenders and Waffles Glazed Carrots Apple Slices Milk	Cheeseburger WG Bun Sweet Potato Fries Watermelon Milk	FOURTH OF JULY HOLIDAY JRC CLOSED Milk
Tacos Served with Ground Turkey WG Tortilla Black Beans Cantaloupe Milk	BBQ Chicken Sandwich WG Bun Roasted Broccoli Pineapple Milk	Salisbury Steak WG Breadstick Mashed Potatoes Peaches Milk	Fish Sandwich WG Bun French Fries Mangos Milk	Turkey Pepperoni Pizza WG Crust Breaded Zucchini Sticks Pears Milk
Turkey and Cheese Sandwich WG Bread Broccoli Salad Watermelon Milk	Chicken Quesadilla WG Tortilla Corn Pineapple Milk	Meatball Sub WG Sub Bun Green Beans Oranges Milk	Seasoned Chicken WG Spanish Rice Carrots Apricots Milk	Cheese Pizza WG Crust California Blend Veggies Pineapple Milk
Chicken Patty Sandwich WG Bun Sweet Potato Fries Peaches Milk	Johnny Marzetti Served with WG Noodles and Ground Beef Garlic Green Beans Pears Milk	BBQ Chicken Breast WW Roll Roasted Carrots Fruit Cocktail Milk	Burrito Served with Ground Turkey WG Tortilla Corn Oranges Milk	Chicken Salad Sandwich WG Bun Mixed Vegetables Grapes Milk
Turkey Cheeseburger WG Bun French Fries Cantaloupe Milk	Fish Taco WG Tortilla Coleslaw Mangos Milk	Baked Spaghetti Served with WG Noodles and Ground Beef WW Roll Mixed Vegetables Apple Slices Milk	Chicken Alfredo WG Penne Noodles Broccoli Grapes Milk	Roasted Turkey Breast Mac n Cheese w/WG Noodles Smothered Cabbage Peach Crisp Milk

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Ages 1-2 Grains/Meat Alternative - ½ oz
Fruit/Vegetable - ¼ cup

Ages 3-5 Grains/Meat Alternative - ½ oz
Fruit/Vegetable - ½ cup

Ages 6-18 Grains/Meat Alternative - ½ cup
Fruit/Vegetable - ½ cup

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Snack

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Mon	Tue	Wed	Thu	Fri
		WG Cheez-Its Crackers Pineapple ¹	Red, White, & Blue Yogurt Cups Yogurt Blueberries Strawberries ²	FOURTH OF JULY HOLIDAY JRC CLOSED ³
WG Ritz String Cheese ⁶	Goldfish Crackers Grape Halves ⁷	WG Graham Crackers Applesauce ⁸	Yogurt Peaches ⁹	WG Banana Muffin Watermelon ¹⁰
Cinnamon Pita Bread Applesauce ¹³	Trail Mix (Goldfish, Cheerios, Chex) Banana ¹⁴	Animal Crackers Yogurt ¹⁵	Turkey and Cheese Roll-Up Mixed Fruit ¹⁶	Strawberry-Banana Smoothie Wafer Crackers ¹⁷
WG Bosco Sticks Served with Marinara Sauce ²⁰	WG Wheat Thins Applesauce ²¹	California Mix Smoothies Yogurt Peaches Honeydew Pineapple Grapes ²²	WG Blueberry Muffin String Cheese ²³	WG Graham Crackers Cottage Cheese ²⁴
WG Soft Pretzel Carrot Sticks ²⁷	WG Cheez-Its Crackers Sliced Grapes ²⁸	WG Apple Muffin Yogurt ²⁹	WG Toasted Cheese Sandwich WG Bread ³⁰	WG Goldfish Crackers Celery Sticks ³¹

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