

JULY 2023

*JULY 4TH CLOSED

<p>3 AM: WGR CHEERIOS, APPLESAUCE, 1% MILK L: FISH STICK SLIDERS, PEARS, MIXED GREEN SALAD, 1% MILK PM: GOLDFISH AND APPLE JUICE</p>	<p>4 CLOSED HAPPY 4TH OF JULY!</p>	<p>5 AM: WGR TOAST, BANANA, 1% MILK L: HAM, MASH POTATO, CORN, PEACHES, 1% MILK PM: CORN BREAD, APPLES</p>	<p>6 AM: WGR BAGEL, STRAWBERRIES, 1% MILK L: VEGETABLE FRIED RICE, BEANS, PINEAPPLE, 1% MILK PM: PRETZELS AND SUNBUTTER, JUICE</p>	<p>7 AM: WGR KIX, FRUIT CUPS, 1% MILK L: SLOPPY JOES, MAC SALAD, MELON, 1% MILK PM: ANIMAL CRACKERS,</p>
<p>10 AM: CHEERIOS, APPLESAUCE, 1% MILK L: CHICKEN PATTY, CORN, PEARS, 1% MILK PM: GOLDFISH AND APPLE JUICE</p>	<p>11 AM: SCRAMBLED EGGS AND WGR TOAST, 1% MILK L: CHICKEN BROCCOLI ALFREDO, ORANGES, 1% MILK PM: HAM ROLL & TRISCUITS</p>	<p>12 AM: SAUSAGE GRAVY AND WGR BISCUIT, STRAWBERRIES 1% MILK L: SOFT TACOS W/ HAMBURGER, CHEESE, LETTUCE TOMATO & MELON, 1%MILK PM: CHEESE AND WHEAT THINS</p>	<p>13 AM: OATMEAL, BANANA, 1%MILK L: PASTA SALAD (W/ VEGGIES AND CHICK PEAS), PINEAPPLE, 1% MILK PM: TRISCUITS, JUICE</p>	<p>14 AM: WGR CHEX,/ LIFE FRUIT CUPS, 1% MILK L: YOGURT PARFAIT (BERRIES, GRANOLA) CUCUMBER, 1% MILK PM: CHEESE SAUCE, PITA BREAD</p>
<p>17 AM: WGR CHEERIOS, APPLESAUCE, 1% MILK L: GRILLED CHEESE, TOMATO SOUP, GRAPES 1% MILK PM: GOLDFISH AND APPLE JUICE</p>	<p>18 AM: 1% PANCAKES, STRAWBERRIES, 1% MILK L: ROASTED CORN AND CHICKEN QUESADILLAS (WGR), PEACHES, 1% MILK PM: WHEAT THINS, SUNBUTTER</p>	<p>19 AM: WAFFLES, ORANGES, 1% MILK L: MEATLOAF, HAWAIIAN ROLL, PINEAPPLE, GREEN BEANS, 1%MILK PM: APPLES, CHEESE</p>	<p>20 AM: WGR TOAST, BANANA, 1% MILK L: WHITE BEAN CHILI, CRACKERS, MELON, 1% MILK PM: VEGAN BANANA BREAD, JUICE</p>	<p>21 AM: WGR LIFE CEREAL, FRUIT CUPS, 1% MILK L: HOT HAM AND CHEESE, CUCUMBER, CARROTS, 1% MILK PM: YOGURT, BERRIES</p>
<p>24 AM: WGR CHEERIOS, APPLESAUCE, 1% MILK L: FISH STICK SLIDERS, TATOR TOTS, MIXED GREEN SALAD, 1% MILK PM: GOLDFISH AND JUICE</p>	<p>25 AM: WGR ENGLISH MUFFIN, STRAWBERRIES, 1% MILK L: CHICKEN NOODLE SOUP, RITZ CRACKERS, MELON, CORN, 1% MILK PM: APPLES, SUNBUTTER</p>	<p>26 AM: WGR FRENCH TOAST, BANANAS, 1% MILK L: BAKED ZITI, PEAS, GRAPES, 1% MILK PM: ANIMAL CRACKERS, JUICE</p>	<p>27 AM: OATMEAL, MIXED BERRIES, 1% MILK L: PUMPKIN CHILI, TORTILLAS, GRAPES, 1% MILK PM: CARROT STICKS, PRETZELS</p>	<p>28 AM: WGR KIX, FRUIT CUPS, 1% MILK L: ENGLISH MUFFIN PIZZA, PINEAPPLE, GREEN BEANS, 1% MILK PM: CHEESE & WHEAT THINS</p>
<p>31 AM: WGR CHEERIOS, APPLESAUCE, 1% MILK L: WHITE CHICKEN CHILI, MELON, 1% MILK PM: GOLDFISH AND APPLE JUICE</p>				

*If milk or juice is not listed as served with the meal water is the drink provided for that meal

MENU IS SUBJECT TO CHANGE

AM = BREAKFAST

L = LUNCH

PM = SNACK

WGR = WHOLE GRAIN RICH

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