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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| The USDA is an equal opportunity employer  “All milk served to participants 2 yrs. And older is unflavored, fat-free milk. Children 1 yr. are served unflavored whole milk.” | **1&2 Year Old’s (5 choices including milk)**  **1 oz meat/meat alternate**  **1/8 c fruit & 1/8 c veggie**  **½ slice bread alternate**  Milk-AM & PM Snacks  1/2 c 1&2 Year Old  1/2 c 3&4 Year Old’  Lunch  1/2 c 1 &2 Year Old  3/4 c 3 & 4 Year Old  WGR = w hole grain  HM = Home made | **Lunch 3 & 4 Year Old’s (5 choices including milk)**  **1 ½ oz meat/meat alternate**  **¼ c fruit and ¼ c vegetables**  **½ slice bread or bread alternate**Morning & Pm Snack ( 2 Choices)  1/2 oz meat/meat alt.  1/2 c fruit or veggie – ½ slice bread or bread alt. | 1 French tst. Sticks, strawberries, milk  Pulled Pork Sandwich, carrot sticks, peaches, milk  Warm Pretzel, string cheese | 2 Fruit Breakfast Pizza, milk  Sunbutter & Jelly on WGR bread, Red pepper slices, watermelon  Fruit popsicles, crackers |
| 5  SCP Closed  Happy 4th of July | 6 WGR Cheerios, bananas, milk  Chili, WGR Pita, Peas, Apple slices, milk  Cucumber slices, string cheese | 7 Bagel w/ cream cheese, peaches, milk  Ham & Cheese Sandwich on WGR bread, green beans, peaches, milk  Fruit Salsa & pita chips | 8 Blueberry muffin, mangoes, milk  Guacamole chicken wrap, carrot sticks, pineapple, milk  WGR crackers, Kiwi | 9 Waffle, pears, milk    Tortellini vegetable soup, corn bread, Strawberries, milk  Banana sushi roll |
| 12 Rice Krispies, melon, milk  HM WGR Mac & Cheese, ham roll up, cauliflower, tropical fruit salad, milk  Cottage cheese, cherry tomatoes | 13 Oatmeal, berries, milk  Tuscan Grilled Cheese on WGR bread, tomato soup, applesauce, milk  Egg Roll w/ soy sauce, jicama | 14 Breakfast Muffin, pears, milk  Avocado & Bean Tostada, corn, pineapple, milk  Yogurt, Strawberries | 15 Egg Bake with spinach & red peppers, peaches, milk  Chicken Salad Sandwich on WGR bread, sugar snap peas, mandarin oranges, milk  Pretzel Sticks, Melon | 16 WGR Cinnamon raisin tst., berries, milk  Cheese Pizza w/ Canadian bacon, roasted broccoli, fresh pineapple, milk  WGR Goldfish, |
| 19 WGR Bagel w/cream cheese, mangos, milk  Chicken Noodle Soup, Corn Bread, Green beans, Grapes, milk  Rice Cake w/ sunbutter, mandarin oranges | 20 WGR Cheerios, banana, milk  Meatball Sandwich on WGR Bun, Peas, Strawberries, milk  HM Hummus, WGR Crackers | 21 Scrambled eggs, hash brown, pineapple, milk  Beef Quesadilla on WGR Tortilla,  Cheesy French Bread, Red Pepper slices | 22 Croissant w/ sunbutter, tropical fruit salad, milk  Sloppy Joe on WGR Bun, Potato wedges, melon, milk  Smoothie, melon | 23 Pancake w/berry sauce, sausage, milk  Chicken Ratatouille, Brown Rice, Broccoli, Orange Slices, Milk  Edamame, bread stick |
| 26 WGR English Muffin, apricots, milk    Ham & Cheese on WGR bread, green beans, peaches, milk  Snap peas, WGR Goldfish crackers | 27 Breakfast burrito, mangos, milk  Stir fry pork, WGR rice, broccoli, pineapple, milk  Graham cracker, strawberries | 28 Sunrise smoothy, WGR toast, milk  Cheeseburger on WGR bun, Sweet potato fries, melon, milk  Banana bread, applesauce | 29 Corn Muffin, blueberries, milk  Chicken in bechemel sauce over WGR pasta, peas, apple slices, milk  Pretzel sticks, kiwi | 30 Pancake w/ berry sauce, banana, milk  Ravioli in marinara, meatballs, corn, grapes, milk  Guacamole, WGR crackers |