

Monday July 3, 2017	TUESDAY July 4, 2017	WEDNESDAY July 5, 2017	THURSDAY July 6, 2017	FRIDAY July 7, 2017	SATURDAY July 8, 2017	SUNDAY July 9, 2017
BREAKFAST WG Pancakes Turkey Sausage Sugar Free Syrup	BREAKFAST Ham, Egg & Cheese on a WW English Muffin	BREAKFAST Hard Boiled Egg Sausage links WW Toast	BREAKFAST WG Muffins Assorted yogurts Cheese Stick	BREAKFAST WW Biscuits with Gravy Sausage links	BREAKFAST Scrambled Eggs Sausage Patties WW Toast	BREAKFAST French Toast Turkey sausage SF Syrup
Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Fresh fruit / Fruit cup 1% or Skim milk Apple/Orange Juice
OR	OR	OR	OR	OR	OR	OR
Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	Choice of 2 cereals Fresh fruit / Fruit cup 1% or Skim milk Apple/Orange Juice
LUNCH Chicken Fajitas WW Lettuce & Tomato Refried Beans Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Cheeseburgers WW bun Lettuce & Tomato French Fries Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Chili Con Carne Corn Bread Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Tuna Salad Crossiant Lettuce/ Tomato Potato Chips Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH French Bread Pizza Carrot Sticks Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Turkey Sandwich on WW Bread w/lettuce & tomato Chips Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Cheese Quesadillas Refried Beans Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice
OR	OR	OR	OR	OR	OR	OR
PB&J Pack Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	PB&J Pack Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	PB&J Pack Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	PB&J Pack Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	PB&J Pack Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	PB&J Pack Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	PB&J Pack Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice
DINNER Cheese Lasagna Mixed vegetables Garlic Bread Salad Bar Fruit Cup / Fresh Fruit	DINNER Ham Steak Seasoned Red Potatoes Corn Dinner Roll Salad Bar Fruit Cup / Fresh Fruit	DINNER Oven Fried Chicken Baked Beans Glazed Carrots Dinner Roll Salad Bar Fruit Cup / Fresh Fruit	DINNER Tamales Refried Beans Spanish Rice Lettuce / Tomato Sour Cream / Salad Bar Fruit Cup / Fresh Fruit	DINNER Spaghetti Italian Vegetables Garlic Bread Salad Bar Fruit Cup / Fresh Fruit	DINNER Sweet & Sour Chicken White Rice Stir fry Veggies Salad Bar Fruit Cup / Fresh Fruit	DINNER Chicken Pot Pie Mixed Vegetables Dinner Roll Salad Bar Fruit Cup / Fresh Fruit
OR	OR	OR	OR	OR	OR	OR
PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	PB&J Pack Salad Bar Fruit Cup / Fresh Fruit

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PB&J PACK
Sandwich
Cheese Stick
Cheeze-its

100% Fruit Juice

1% Milk
Skim Milk
Skim Chocolate Milk

WG Whole Grain
WW Whole Wheat