

# JULY 2021 CHILD CARE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/5/2021 341 WG VANILLA HONEY BUNCHES OF OATS CEREAL 646 DOLE DICED PEACHES CUP 100 WHITE MILK	7/6/2021 339 WG CRANBERRY ORANGE MUFFIN 670 FRESH FRUIT 100 WHITE MILK	7/7/2021 338 WG FRENCH TOAST STICKS (individual package) 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	7/8/2021 349 CORN CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	7/9/2021 332 WG APPLE CINNAMON MUFFIN 607 DOLE DICED MANGO CUP 100 WHITE MILK
7/12/2021 345 HONEY SCOOTERS CEREAL 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	7/13/2021 335 WG BANANA MUFFIN 670 FRESH FRUIT 100 WHITE MILK	7/14/2021 343 RICE CHEX CEREAL 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK	7/15/2021 802 SCRAMBLED EGGS W/TURKEY HAM (4 servings/container) 634 HASH BROWNS (individual package) 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	7/16/2021 366 WG BLUEBERRY SLICED BAGEL <i>or</i> 331 WG CORN MUFFIN 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
7/19/2021 342 CHEERIOS CEREAL 670 FRESH FRUIT 100 WHITE MILK	7/20/2021 339 WG CRANBERRY ORANGE MUFFIN 609 DOLE MIXED FRUIT CUP 100 WHITE MILK	7/21/2021 307 PILLSBURY WG CHERRY BAKED FRUDEL (individual package) 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	7/22/2021 330 WG BLUEBERRY MUFFIN 644 DOLE DICED PEARS CUP 100 WHITE MILK	7/23/2021 347 CINNAMON CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
7/26/2021 336 PILLSBURY STRAWBERRY SPLASH MINI WG PANCAKES (individual package) 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK	7/27/2021 346 CINNAMON TOAST CRUNCH CEREAL 670 FRESH FRUIT 100 WHITE MILK	7/28/2021 367 WG CINNAMON RAISIN SLICED BAGEL <i>or</i> 335 WG BANANA MUFFIN 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	7/29/2021 341 WG VANILLA HONEY BUNCHES OF OATS CEREAL 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	7/30/2021 331 WG CORN MUFFIN 647 DOLE MANDARIN ORANGES CUP 100 WHITE MILK

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

**MENU SUBJECT TO CHANGE**

**WG = WHOLE GRAIN-RICH**

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

**REMINDER: Water must be OFFERED every day!**

Nutritional Development Services - Archdiocese of Philadelphia, 222 North 17th Street, Philadelphia, PA 19103 Phone: 215-895-3470