

# JULY 2021 CHILD CARE HOT LUNCH MENU

**Remember that at least one vegetable component MUST be served at every Lunch!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>7/5/2021</b></p> <p>827 HAMBURGER PATTY 869 POTATO ROUNDS 864 DICED CARROTS <i>or</i> 611 BABY CARROTS PACK 904 1/2 SLICE WHEAT BREAD+++ <i>or</i> 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p>	<p><b>7/6/2021</b></p> <p>255 CHEESE STUFFED BREADSTICKS (individual package) 817 BROCCOLI 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK</p>	<p><b>7/7/2021</b></p> <p>872 WG BREADED CHICKEN PATTY (2 serv/cont) 865 CHEESY CAULIFLOWER 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p><b>7/8/2021</b></p> <p>841 CHEESE RAVIOLI WITH SAUCE (2 serv/cont) 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p><b>7/9/2021</b></p> <p>847 CHEESY CHICKEN, POTATO &amp; BROCCOLI BAKE (2 serv/cont) 812 CORN 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>
<p><b>7/12/2021</b></p> <p>839 WG MACARONI &amp; CHEESE 815 MIXED VEGETABLES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p><b>7/13/2021</b></p> <p>843 WG BREADED BAKED CHICKEN NUGGETS 864 DICED CARROTS <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p><b>7/14/2021</b></p> <p>830 WG SPAGHETTI WITH MEATBALLS (2 serv/cont) 825 GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p><b>7/15/2021</b></p> <p>264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) <i>or</i> 263 5" ROUND WG CHEESE PIZZA (individual package) 506 CHOPPED ROMAINE SALAD <i>or</i> 869 POTATO ROUNDS 697 BAGGED APPLE SLICES 100 WHITE MILK</p>	<p><b>7/16/2021</b></p> <p>849 SWEDISH MEATBALLS 506 CHOPPED ROMAINE SALAD <i>or</i> 817 BROCCOLI 812 CORN 904 1/2 SLICE WHEAT BREAD+++ <i>or</i> 832 SPIRAL NOODLES 100 WHITE MILK</p>
<p><b>7/19/2021</b></p> <p>872 WG BREADED CHICKEN PATTY (2 serv/cont) 867 GARDEN PEAS 809 MASHED POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p><b>7/20/2021</b></p> <p>835 FISH STICKS (2 serv/cont) 859 CORN &amp; CARROTS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p><b>7/21/2021</b></p> <p>206 VEGGIE BURGER W/POTATO WEDGES (individual package) 825 GREEN BEANS 904 1/2 SLICE WHEAT BREAD+++ <i>or</i> 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p>	<p><b>7/22/2021</b></p> <p>828 MEATLOAF WITH GRAVY (2 serv/cont) 506 CHOPPED ROMAINE SALAD <i>or</i> 865 CHEESY CAULIFLOWER 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p><b>7/23/2021</b></p> <p>856 CHICKEN PARMESAN (2 serv/cont) 506 CHOPPED ROMAINE SALAD <i>or</i> 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>
<p><b>7/26/2021</b></p> <p>857 SLOPPY JOE 864 DICED CARROTS <i>or</i> 611 BABY CARROTS PACK 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ <i>or</i> 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p>	<p><b>7/27/2021</b></p> <p>264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) <i>or</i> 263 5" ROUND WG CHEESE PIZZA (individual package) 869 POTATO ROUNDS 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK</p>	<p><b>7/28/2021</b></p> <p>831 WG ROTINI BAKE W/MEAT CRUMBLES &amp; CHEESE (2 serv/cont) 822 SPINACH 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p><b>7/29/2021</b></p> <p>843 WG BREADED BAKED CHICKEN NUGGETS 506 CHOPPED ROMAINE SALAD <i>or</i> 815 MIXED VEGETABLES 854 SCALLOPED POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p><b>7/30/2021</b></p> <p>839 WG MACARONI &amp; CHEESE 506 CHOPPED ROMAINE SALAD <i>or</i> 817 BROCCOLI 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>

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

**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!**

**MENU SUBJECT TO CHANGE**

**WG = WHOLE GRAIN-RICH**

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