

Meatless Monday	Taco Tuesday	World of Wednesday	Tasty Thursday	Fish Friday
<p><b>1</b>  <b>B:</b> WGR Cereal and Diced Mangos  <b>L:</b> Grilled Cheese Sandwich on WW Bread  Carrot Sticks  Diced Pineapple  <b>S:</b> WG Goldfish and Sliced Green Apples</p>	<p><b>2</b>  <b>B:</b> WGR Biscuits and Sliced Pears  <b>L:</b> Chicken Fajitas with Peppers &amp; Onions on WW Tortilla  Fiesta Corn  Fresh Honey Dew  <b>S:</b> Yogurt Cups and WGR Granola</p>	<p><b>3</b>  <b>B:</b> WGR Cereal and Sliced Peaches  <b>L:</b> Meat Sauce and WGR Spaghetti  Steamed Green Beans  Sliced Red Apples  <b>S:</b> WG Animal Crackers and Fresh Sliced Oranges</p>	<p><b>4</b>    <b>CDC CLOSED FOR INDEPENDENCE DAY</b></p>	<p><b>5</b>  <b>B:</b> WGR Toast with Cheese Omelet and Bananas  <b>L:</b> Tuna Casserole with WW Pasta  Roasted Asparagus Tips  Sliced Strawberries  <b>S:</b> WG Saltine Crackers and Sun Butter Sandwich</p>
<p><b>8</b>  <b>B:</b> WGR Cereal and Fresh Blueberries  <b>L:</b> Cheesy Quiche with WG Biscuits  Steamed Lima Beans  Fresh Sliced Oranges  <b>S:</b> WG Pretzels and Sliced Red Apples</p>	<p><b>9</b>  <b>B:</b> WGR French Toast Sticks and Sliced Peaches with Pork Sausage Links  <b>L:</b> Ground Beef Tacos on WGR Tortillas  Roasted Cauliflower  Fresh Diced Honey Dew  <b>S:</b> Sunrise Pineapple Gelatin Cups and WG Graham Crackers</p>	<p><b>10</b>  <b>B:</b> WGR Cereal and Diced Mangos  <b>L:</b> Chicken Chop Suey with WG Chow Mein Noodles  Stir Fry Vegetables  Fresh Blackberries  <b>S:</b> WGR Wheat Crackers and Mozzarella Cheese Sticks</p>	<p><b>11</b>  <b>B:</b> WG Blueberry Oat Bran Muffin and Fresh Green Apples  <b>L:</b> Roasted Herbed Pork Loin with WGR Dinner Roll  Scalloped Potatoes  Sliced Strawberries  <b>S:</b> WGR Chips and Salsa</p>	<p><b>12</b>  <b>B:</b> WG Cinnamon Raisin Bread and Bananas  <b>L:</b> Baked Cajun Catfish with WGR Hush Puppies  Cali Mixed Vegetables  Fresh Diced Cantaloupe  <b>S:</b> WG Apple Crisp and Yogurt Cups</p>
<p><b>15</b>  <b>B:</b> WGR Cereal and Fresh Blackberries  <b>L:</b> WG Cheese Pizza  Steamed Peas and Carrots  Sliced Strawberries  <b>S:</b> Raspberry Apple Sauce and WG Ritz Crackers</p>	<p><b>16</b>  <b>B:</b> WG Multi-Grain Croissant and Diced Mangos  <b>L:</b> Chicken Ranchero Tacos on WGR Corn Tortilla  Fiesta Corn  Fresh Diced Cantaloupe  <b>S:</b> Hummus and WGR Pita Bread Chips</p>	<p><b>17</b>  <b>B:</b> WGR Cereal and Fresh Sliced Peaches  <b>L:</b> Beef Stroganoff with Egg Noodles  Roasted Brussel Sprouts  Diced Pineapple  <b>S:</b> Sliced Oranges and WG Graham Crackers</p>	<p><b>18</b>  <b>B:</b> WGR Bagels and Sliced Pears with Turkey Sausage Patty  <b>L:</b> WG Popcorn Chicken with Bread Stick  Steamed Green Beans  Fresh Diced Watermelon  <b>S:</b> Goldfish Crackers and Sliced Red Apples</p>	<p><b>19</b>  <b>B:</b> WG Sunrise Morning Muffin and Fresh Banana  <b>L:</b> Breaded Fish Patty WG Cheddar Biscuits  Tator Tots  Fresh Honey Dew Melon  <b>S:</b> WGR Oatmeal Ball and Fresh Blueberries</p>
<p><b>22</b>  <b>B:</b> WGR Cereal and Diced Mango  <b>L:</b> WW Pasta Primavera with Edamame and Beans  Steamed Carrots  Sliced Green Apples  <b>S:</b> WG Graham Crackers and Sun Butter Sandwich</p>	<p><b>23</b>  <b>B:</b> WGR Buttered Toast and Fresh Diced Cantaloupe  <b>L:</b> Carne Guisada on WGR Tortillas  Steamed Green Peas  Fresh Diced Pineapple  <b>S:</b> WG Corn Chips and (Non-Vegetarian) Bean Dip</p>	<p><b>24</b>  <b>B:</b> WGR Cereal and Sliced Peaches  <b>L:</b> Pork Verde with WGR Brown Rice and Black Beans  Cali Mixed Vegetables  Fresh Sliced Oranges  <b>S:</b> WG Coconut Lime Muffins and Fresh Red Apples</p>	<p><b>25</b>  <b>B:</b> WG Pork Cheesy Sausage Morning Roll and Fresh Blackberries  <b>L:</b> Glazed Turkey Meatloaf with WGR Dinner Roll  Roasted Squash  Fresh Blueberries  <b>S:</b> WG Animal Crackers and Fresh Pears</p>	<p><b>26</b>  <b>B:</b> WGR Pancakes and Fresh Banana  <b>L:</b> Baked Lemon Pepper Salmon Filet with WGR Quinoa  Steamed Lima Beans  Diced Watermelon  <b>S:</b> WG Trail Mix with Pretzels and Dried Fruit (added Coconut and Sunflower Seeds)</p>
<p><b>29</b>  <b>B:</b> WGR Cereal and Sliced Pears  <b>L:</b> Sun Butter and Fruit Spread Sandwich on WW Bread  Sweet Potato Tots  Fresh Blueberries  <b>S:</b> WG Saltine Crackers and Sliced Red Apples</p>	<p><b>30</b>  <b>B:</b> WGR Cream of Wheat and Diced Mangos  <b>L:</b> Ground Beef Cheesy Nachos with WGR Tortilla Chips  Steamed Mixed Vegetables  Sliced Peaches  <b>S:</b> WG Sliced Oranges and WG Pretzels</p>	<p><b>31</b>  <b>B:</b> Sunrise Morning Muffin and Raspberry Apple Sauce  <b>L:</b> Curry Chicken Legs with WG Couscous  Roasted Red Potatoes  Fresh  <b>S:</b> Oatmeal Ball and Sliced Green Apples</p>	<p><b>CDC JULY 2024 MENU</b></p> 	

WW=Whole Wheat, WG=Whole Grain, WGR=Whole Grain Rich Milk is served for breakfast and lunch. Water is offered during every meal.