

Meatless Monday	Taco Tuesday	World of Wednesday	Tasty Thursday	Finger Food Friday
<p>CDC* July Menu 2025</p>	<p>1 B: WGR Waffles and Diced Mango L: Carne Guisada on WW Tortillas Steamed Corn Fresh Diced Honey Dew Melon S: WG Graham Crackers and Cinnamon Applesauce</p>	<p>2 B: WGR Cereal and Bananas L: One Pot Cajun Surprise with Chicken, Beef, Pork Sausage and WGR Brown Rice Steamed Green Beans Sliced Red Apples S: WGR Bagels and Pears</p>	<p>3 B: WGR Omelets and Sliced Peaches L: Popcorn Chicken WG Roll Scalloped Potatoes Sliced Strawberries S: Cheez-It Crackers and Fruit Salad</p>	<p>4 CDC Closed for Holiday</p> <p>HAPPY 4th of July</p>
<p>7 B: WGR Cereal and Fresh Blackberries L: WG Cheese Pizza Steamed Herbed Broccoli Blueberries S: WG Graham Crackers and Yogurt Cups</p>	<p>8 B: WG Biscuits and Warm Cinnamon Apples L: Fish Tacos on WW Tortillas Cabbage and Carrot Slaw Sliced Peaches S: Cereal and Milk</p>	<p>9 B: WGR Cereal and Diced Mangos L: Beef with WG Chow Mein Noodles Vegetable Stir Fry Fresh Cantaloupe S: WG Banana Muffin and Raisin/Craisin Melody</p>	<p>10 B: WGR Buttered Toast and Fresh Strawberries L: Picadillo and WG Brown Rice Sweet Green Peas Fresh Oranges S: WG Corn Chips and (Non-Vegetarian) Bean Dip</p>	<p>11 B: Pork Cheesy Sausage Morning Roll and Fresh Bananas L: Fish Sticks WG Roll Sweet Potato Tots Sliced Watermelon S: WGR Oatmeal Balls made with dried fruit, whole grain oats, and sun butter and Mozzarella Sticks</p>
<p>14 B: WGR Cereal and Diced Mangos L: Baked Cheesy WGR Pasta Steamed Peas and Carrots Fresh Blackberries S: Trail Mix (WG Pretzels, Raisins, Dried Cranberries, and Coconut Flakes) and Colby Cheese Cubes</p>	<p>15 B: WG Croissant and Sliced Peaches L: Ground Turkey Taco on WGR Tortilla Steamed Mixed Vegetables Fresh Diced Cantaloupe S: Pita Chips and Hummus</p>	<p>16 B: WGR Cereal and Fresh Blueberries L: Beef and Pork Meatballs with WGR Pasta Steamed Carrots Sliced Green Apples S: WG Graham Cracker and Sun butter Sandwiches</p>	<p>17 B: WGR Pancakes and Diced Pineapple L: Beef Cheesy Nachos on WGR Corn Tortilla Chips Steamed Lima Beans Fresh Oranges S: Animal Crackers and Yogurt Cups</p>	<p>18 B: WGR French Toast Sticks with Bananas L: Baked Catfish Hushpuppies Steamed Carrots Green Apple Slices S: WW Cinnamon Raisin Bread and Cream Cheese</p>
<p>21 B: WGR Cereal and Bananas L: Grilled Cheese Sandwich on WW Bread Steamed Asparagus Tips Fresh Blueberries S: WGR Animal Crackers and Yogurt Cups</p>	<p>22 B: WGR Biscuits and Diced Mangos L: Ham and Cheese Wraps on WW Tortilla Steamed Mixed Vegetables Fresh Strawberries S: WGR Wheat Thins and Mozzarella Cheese Sticks</p>	<p>23 B: WGR Cereal and Sliced Peaches L: BBQ Chicken Legs Scalloped Potatoes Steamed Green Peas Watermelon S: WG Blueberry Muffins and Milk</p>	<p>24 B: WGR Buttery Grits, Turkey Sausage Patties and Fresh Blackberries L: Beef and Pork Meatballs with WGR Pasta Steamed Green Beans Fresh Strawberries S: WG Saltines and Sun butter Sandwiches</p>	<p>25 B: WGR Cinnamon Raisin Bread and Applesauce L: Tuna Noodle Casserole with WW Pasta and Green Peas Steamed Carrots Fresh Strawberries S: WGR Oatmeal Balls made with dried fruit, whole grain oats, and sun butter and Colby Cheese Cubes</p>
<p>28 B: WGR Cereal and Sliced Peaches L: Egg Salad Sandwich on WGR Bread Sweet Potato Tots Fresh Blueberries S: WG Corn Chips and (Non-Vegetarian) Bean Dip</p>	<p>29 B: WGR Waffles and Diced Pineapple L: Chicken Fajitas on WW Tortillas Scalloped Potatoes Fresh Cantaloupe S: WG Cinnamon Raisin Bagels and Yogurt Cups</p>	<p>30 B: WGR Cereal and Diced Mango L: BBQ Beef Sliders on WW Dinner Rolls Zucchini Fries Fresh Watermelon S: WG Saltine Crackers and Sun Butter Sandwiches</p>		

WW=Whole Wheat, WG=Whole Grain, WGR=Whole Grain Rich Milk is served for breakfast and lunch. Water is offered during every meal. *This Institution is an Equal Opportunity Provider