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Week of July 7th & July 28th

	MONDAY 7/7/25 7/28/25	TUESDAY 7/8/25 7/29/25	WEDNESDAY 7/9/25 7/30/25	THURSDAY 7/10/25 7/31/25	FRIDAY 7/11/25 8/1/25
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. (WGR) Kix 1/2 c. Strawberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	1/2 Blueberry Muffin 1/2 c. Applesauce 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 (WGR) French Toast Stick 2 Sausage Links 1/2 c. Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 c Scrambled Eggs 1/2 sl. (WGR) Toast 1/2 c. Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 Bagel w/ cream cheese 1/2 c. Pineapple Chunks 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 Chicken Strip or 4 nuggets 1/4 c. Peas & Carrots 1/4 c. Tropical Fruit 1/2 sl. (WGR) Bread or Dinner Roll 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 Grilled Ham & Cheese Sandwich (WGR) Bread 1/4 c. Baked Beans 1/4 c. Pears 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Tator Tot Casserole 1/4 c. Mangos 1/2 sl. (WGR) Dinner Roll 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	Cook's Choice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Cheeseburger w/(WGR) Bun 1/4 c. Sweet Potato Fries or Tots 1/4 c. Mandarin Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	4 Club Crackers 1/2 oz. Cheese Sticks	1/2 oz. Cheerios 1/2 c. Sliced Grapes	2 Graham Crackers 1/2 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/4 c. Yogurt 1/2 c. Bananas	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

Read about Food with your Child

- Mrs. Peanuckle's Fruit Alphabet, by Mrs. Peanuckle and Jessie Ford
- Apples by Gail Gibbons
- A Fruit is a Suitcase for Seeds by Jean Richards, Anca Hariton (Illustrator)
- The Fruits We Eat by Gail Gibbons.

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Week of July 14th & August 4th

	MONDAY 7/14/25 8/4/25	TUESDAY 7/15/25 8/5/25	WEDNESDAY 7/16/25 8/6/25	THURSDAY 7/17/25 8/7/25	FRIDAY 7/18/25 8/8/25
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. (WGR) Cheerios 1/2 c. Pears 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. (WGR) Toast may also be served	1 (.7 oz.) (WGR) Pancake 1/2 c. Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 (WGR) English Muffin 1/2 oz. Cheddar Cheese Slices 1/2 c. Blueberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 (WGR) Waffle 2 Sausage Links or patties 1/2 c. Banana 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 oz. (WGR) Life Cereal 1/2 c. Pineapple 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) 1/2 sl. WG Toast may also be served
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	4 Chicken Nuggets or 1 Chicken Patty 1/2 (WGR) Dinner Roll 1/4 c. Broccoli 1/4 c. Tropical Fruit 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Cheesy Tuna Noodle Casserole 1/4 c. California Mixed Vegetables 1/4 c. Peaches 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Turkey & Cheese Sub Sandwich (w/(WGR) Hot Dog Bun) 1/4 c. Mixed Vegetables 1/4 c. Grapes (cut in 1/2) 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 Tavern w/ (WGR) Bun 1/4 c. Baked Fries or Tots 1/4 c. Bakes Beans 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 1/2 oz Taco Haystacks w/(WGR) Softshell for EHS 1/4 c. Shredded Lettuce 1/4 c. Shredded Cheese 1/4 c. seedless Watermelon 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	6 WGR Wheat Thins 1/2 oz. cheese cubes	1 Yogurt Parfait: Yogurt, Granola, Fruit	1/4 c. Oyster Crackers 1/2 c. 100% Juice	1/2 c. Strawberries 1/4 c. Cottage Cheese	

Water available at meals/snacks and throughout the day.

WGR = Whole Grain-Rich

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Week of July 21st & August 11th

	MONDAY 7/21/25 8/11/25	TUESDAY 7/22/25 8/12/25	WEDNESDAY 7/23/25 8/13/25	THURSDAY 7/24/25 8/14/25	FRIDAY 7/25/25 8/15/25
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains (3 of the 5 components Listed above)	1/2 oz. (WGR) Frosted Mini Wheats 1/2 c. 100% Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>) <i>1/2 sl. (WGR) Toast may also be served</i>	1/2 oz. Scrambled Eggs & Cheese 1/2 (WGR) Toast 1/2 c. Banana 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 (.7 oz.) (WGR) Waffle 1/2 c. Strawberries 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	Class Choice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1/2 (WGR) Toast 1/2 oz. Cheese Slice 1/2 c. 100 % Juice 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	4 Fish Nuggets or 1 Fish Fillet 1/4 c. Peas 1/4 c. Pears 1/2 sl. (WGR) Bread or Dinner Roll 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Cavatina 1/4 c. Green Beans 1/4 c. Peaches 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	1 pc. Beef & Cheese Pizza 1/4 c. Spinach or lettuce salad 1/4 c. Tropical Fruit 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Chicken Noodle Casserole (WGR noodles) 1/4 c. Pears 1/4 c. Mangos 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)	2/3 c. Macaroni & Cheese 1/2 oz. Ham 1/4 c. Broccoli 1/4 c. Mandarin Oranges 3/4 c. Skim Milk (<i>Whole Milk for under age 2</i>)
PM SNACK: (2 of the 5 components listed above)	1/2 oz. Cheese Cubes 2 Graham Crackers	1/4 c. Yogurt 1/2 c. Blueberries	1/2 oz. Gold Fish Crackers 1/2 c. 100% Juice	1/2 c. Applesauce 6 (WGR) Teddy Grahams	

Water available at meals/snacks and throughout the day.

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Food Safety

- To keep refrigerated foods safe, check the temperature in your refrigerator periodically. The best temperature is between 36 degrees and 38 degrees.
- Put a kitchen thermometer in a glass of water and place in the refrigerator overnight. If the temperature is above or below the recommended range, adjust the thermostat slightly and allow 24 hours for the temperature to adjust. After reaching the right temperature, keep refrigerator full to improve efficiency.