

Week of July 19th-23rd

Week Four	Monday	Tuesday	Wednesday	\ Thursday	Friday
Breakfast	Apple Juice Special K Milk	Orange Sections - Blueberry Muffin - Milk	Seasonal Fresh Fruit 1 slice of Cheese toast 1 Boiled Egg Milk	Banana English Muffin <i>Peanut Butter and Jelly</i> Milk	Orange Juice Crispy Rice Cinnamon Roll Milk
Lunch/ Supper	*Fish Sticks <i>Ketchup</i> Roll Green Beans Corn Milk	*Salisbury Steak <i>With Gravy</i> 1 slice of Whole Wheat Bread Mashed Potatoes Spinach Milk	Baked Chicken Roll Green Peas Yellow Squash Milk	Picadillo Cuban Bread or Roll Congri 1 serv.=1 brd. and 1 veg. Fried Plantains Milk	Ham and Cheese Sandwich 1 sand.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 oz. mt/mt alt. and 1 brd for 6-1 2 yr. olds <i>Lowfat mayo and/or</i> <i>mustard, Ketchup</i> Tater Tots Broccoli Florets <i>Lowfat Ranch Dip</i> Milk
Snack	Yogurt <i>Flavored 4 OZ cup</i> Peaches	Cheese (Cubed, string, or sliced) Pita Bread	Cuban Maria Cookies Milk	Blended 1 00% Juice Graham Crackers	Animal Crackers Pears

Serv. = serving; mt/mt alt. = meat/meat alternate; brd. = bread; veg. = vegetable