

Week of July 26th-30th

Monday	Tuesday	Wednesday	Thursday	Friday
Grape Juice Biscuit <i>Margarine</i> Apple Zings Milk	Orange Wedges Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Peaches Crispix Milk	Banana Waffles (2 svg = 62 grams) <i>Syrup</i> Milk	Apple Juice Egg and Cheese English Muffin (1) Milk
Roasted Turkey <i>Gravy</i> Whole Wheat Roll Whipped Potatoes Peas and Carrots Milk	*Ravioli 1 slice of Garlic Bread Broccoli and Cauliflower Pears Milk	Ham Macaroni & Cheese 1 serv.=1brd. Biscuit Green Beans Applesauce Milk	Cuban Stew (with beef) 1 serv.= 1-1/2 oz. mt./mt alt. and % c veg. for 1-5 yr. \ olds; 2 oz. mt./mt. alt. and 3/8 c veg. for 6-12 yr. olds. Congri 1 serv.=1 brd. and 1 veg. Fruit Salad Milk	*Pizza Corn Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dr</i> Milk
Cuban Crackers Mandarin Orange Sections	Cheese Crackers Pineapple Tidbits	Graham Crackers Orange Juice	Rice Crispy Bar Milk	Banana Bread Milk

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