

## Week of July 12<sup>th</sup>-16<sup>th</sup>

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Orange Juice Cinnamon Toasters Banana Bread Milk	Applesauce 1 slice of Raisin Bread  Milk	Grape Juice Special K  Milk	Cantaloupe Cubes Pancakes <i>Syrup &amp; Margarine</i> Milk	Applesauce Breakfast Burrito (1 tortilla, 1 scrambled egg, 1 oz cheese, very mild salsa)  Hash Brown Potatoes Milk
<b>Lunch/Supper</b>	Ropa Vieja Brown Rice  Roll Mixed Vegetables Pineapple Milk	*Breaded Chicken Pattie <i>In sauce</i> Roll  Sliced Tomatoes and Lettuce <i>Lowfat French Dressing</i> Carrots Milk	Meatloaf <i>ketchup</i>  Biscuit Oven Baked Potatoes Broccoli Apple slices Milk	Spaghetti & Meat Sauce  1 serv = 1-1/2 oz mt/mt alt and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds.  Garlic Bread Green Salad (Romaine Lettuce, Tomato, Cucumber)  <i>Lowfat Ranch Dressing</i> Pears Milk	Roast Pork Moros  Whole Wheat Roll Green Peas Orange Slices Milk
<b>Snack</b>	Vanilla Wafers Milk	Ham (Cubed or sliced) Midnight Bread Blended 100% Juice	Yogurt <i>Flavored 4oz. cup</i> Peaches	Granola Bar Milk	Assorted Crackers Fruit Cocktail

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