

Monday
Tuesday
Wednesday
Thursday
Friday


NO SCHOOL
INDEPENDENCE DAY

4

Assorted Whole
Grain Cereal
Pears

5

Whole Grain
Bagels
Cream Cheese
Pineapple

6

French Toast
Turkey Bacon
Apples

7

Whole Grain
Pancakes
Scrambled Eggs
Cantaloupe Slices

8

Assorted Whole
Grain Cereal
Apples

11

Whole Grain
Waffles
Turkey Sausage
Pineapple

12

Whole Grain
Croissants
Jelly
Pears

13

Whole Grain
Bagels
Cream Cheese
Fruit Salad

14

Whole Grain
Blueberry Muffin
Cantaloupe Slices

15

Assorted Whole
Grain Cereal
Orange

18

Whole Grain
Bagels
Cream Cheese
Cantaloupe Slices

19

Whole Grain
Apple Muffin
Apples

20

French Toast
Turkey Bacon
Plums

21

Fat Free Yogurt
Granola Bar
(PK: Graham Crackers)
Pears

22

Assorted Whole
Grain Cereal
Strawberries

25

French Toast
Turkey Sausage
Cantaloupe Slices

26

Whole Grain
Croissants
Jelly
Apple Sauce

27

Whole Grain
Bagels
Cream Cheese
Watermelon Slices

28

Whole Grain Waffles
Turkey Bacon
Fruit Salad

29

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

This institution is an equal opportunity provider

Monday
Tuesday
Wednesday
Thursday
Friday


NO SCHOOL
INDEPENDENCE DAY

4

Chicken Patty
Sandwich on WG Bun
Corn
Oranges

5

Chicken Stir Fry /
Teriyaki
Brown Rice
Black Beans
Bananas

6

Macaroni and
Cheese
Broccoli and Carrots
Apples

7

Tuna Salad
Sandwich on WG Bun
Coleslaw
Tangerines

8

Fish Patty Sandwich
On WG Bun
Green Beans
Pears

11

Spanish Rice with
Chicken
Pinto Beans
Bananas

12

Chicken Nuggets
WG Roll
Corn
Apples

13

Spaghetti and
Meatballs
Broccoli
Pears

14

Turkey Bologna
Sandwich
Romaine Lettuce and
Tomato Salad
Tangerines

15

Chicken Drumsticks
WG Roll
Corn
Apple Sauce

18

Ground Beef
Spanish Rice
Carrots
Bananas

19

Cheese Pizza
Broccoli
Pears

20

Chicken Tenders
Corn Muffin
Baked Beans
Apples

21

Chicken Salad
Sandwich
On WG Bun
Coleslaw
Tangerines

22

Chicken Drumsticks
Whole Grain Roll
Carrots
Oranges

25

Turkey Sausage
Jambalaya
Corn
Apples

26

Ground Beef
Macaroni
Romaine Lettuce, Cucumber
and Tomato Salad
Bananas

27

Chicken Taco
Taco Shells
Black Beans
Pears

28

Cheeseburger on
WG Bun
Potato Fries
Plums

29

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JULY 2022

VEGETARIAN LUNCH

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL
INDEPENDENCE DAY

4

Cheese Quesadilla
Corn
Orange

5

Spanish Rice with
Vegetarian Meat
Black Beans
Bananas

6

Macaroni and
Cheese
Broccoli and Carrots
Apples

7

Tofu and Vegetable
Sandwich
On WG Bun
Coleslaw
Tangerines

1

Black Bean Burger
Sandwich on WG Bun
Coleslaw
Tangerines

8

Vegetarian Patty
Sandwich
On WG Bun
Green Beans
Pears

11

Spanish Rice with
Vegetarian Meat
Pinto Beans
Bananas

12

Rice and Beans
Corn
Apples

13

Spaghetti and
Vegetarian Meat
Broccoli
Pears

14

Garden Patty
Sandwich
Romaine Lettuce and
Tomato Salad
Tangerines

15

Cheese
Quesadilla
Corn
Apple Sauce

18

Spanish Rice with
Vegetarian Meat
Carrots
Bananas

19

Cheese Pizza
Broccoli
Pears

20

Vegetarian Patty
Corn Muffin
Baked Beans
Apple Slices

21

Tofu and Vegetable
Sandwich
On WG Bun
Coleslaw
Tangerines

22

Vegetarian Patty
Whole Grain Roll
Carrots
Oranges

25

Vegetarian Meat
Jambalaya
Corn
Apples

26

Vegetarian
Spaghetti
Romaine Lettuce, Cucumber
and Tomato Salad
Bananas

27

Vegetarian Meat
Taco
Taco Shells
Black Beans
Pears

28

Black Bean Burger
Sandwich
On WG Bun
Coleslaw
Tangerines

29

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JULY 2022 SNACK

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL
INDEPENDENCE DAY

4

Cheez it
Crackers
Milk

5

Fat Free Yogurt
Apple Slices

6

WG Zucchini Bread
Milk

7

GOLDDFISH
MILK

1

Cheese String
Pears

8

Graham Crackers
Milk

11

Fruit Bar
100% Vegetable Juice

12

Goldfish
Milk

13

WG Apple Churros
Milk

14

Granola
Apple Sauce

15

Goldfish Crackers
Milk

18

Graham Crackers
100% Vegetable Juice

19

Cheese String
Oranges

20

Sun Chips
Milk

21

Whole Grain Muffin
Milk

22

Corn Muffins
Milk

25

Cheez it Crackers
100% Fruit Juice

26

WG Apple Churros
Milk

27

Graham Crackers
Milk

28

Cheese String
Apple Sauce

29

- Menu subject to change.
- Fruit offered might change depending on availability.

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