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| **WEEK 1** | **MONDAY:** JULY 20 | **TUESDAY:** JULY 21 | **WEDNESDAY:** JULY 22 | **THURSDAY:** JULY 23 | **FRIDAY:** JULY 24 |
| **BREAKFAST** | BANANA BREAD | YOGURT & HOMEMADE GRANOLA | BREAKFAST TACOS | NATURE VALLEY CINNAMON CRISPS | MINI EGG & CHEESE QUICHE & TOAST |
|  | **ADDITIONAL DAILY ENTRÉES:** WHOLE GRAIN CEREALS, HOMEMADE HARVEST MUFFIN, WHOLE GRAIN BAGEL & GREEK YOGURT CREAM CHEESE  **SIDES:** HARD BOILED EGG, VARIETY OF CANNED FRUIT, FRESH APPLES, ORANGES, BANANAS  **BEVERAGES:** CHOCOLATE MILK (FAT FREE), WHITE (1%), SOY MILK/RICE MILK\*, 100% FRUIT JUICE - 4 OZ APPLE, ORANGE OR FRUIT JUICE BLEND | | | | |
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| **ENTRÉE** | GRILLED CHEESE PITA W/ MARINARA | SHREDDED CHICKEN TACOS  W/ SOFT CORN TORTILLAS | PENNE PASTA W/ MARINARA & MOZZARELLA W/ OPTIONAL TURKEY MEATBALLS | TURKEY & CHEDDAR PINWHEEL SANDWICH | ALL NATURAL MACARONI & CHEESE |
| **ENTRÉE** | ALL NATURAL  CHICKEN TENDERS | WHOLE GRAIN MOZZARELLA BREADSTICKS | MINI CHICKEN SLIDERS | PERSONAL PAN PIZZA ON WHOLE GRAIN CRUST | GRILLED CHICKEN SANDWICH  W/ FRESH PINEAPPLE |
| **SIDE**  STRING CHEESE UPON REQUEST | MADE FROM SCRATCH MARINARA  HOMEMADE HARVEST MUFFIN | FRESH SALSA  MADE FROM SCRATCH MARINARA | MADE FROM SCRATCH MARINARA  FRUIT FREEZE |  | LOCAL ITALIAN ICE |
| **CUPPED FRUIT** | AT LEAST ONE/ DAY - PEACHES, PEARS, APPLESAUCE, MIXED FRUIT | | | | |
| **FRESH FRUIT**  **OF THE DAY** | APPLES | CLEMENTINES | GRAPES | BANANAS | PINEAPPLE |
| **FRESH VEGGIE**  **OF THE DAY** | CHERRY TOMATOES | JICAMA | BROCCOLI | CARROT STICKS | CUCUMBER SLICES W/ HUMMUS |
| **ALL NATURAL SEASONINGS**  **& SAUCES** | FRESH HUMMUS, HOMEMADE RANCH DRESSING, SALSA, & SRIRACHA SAUCE, KETCHUP, MUSTARD, BBQ SAUCE, CHOLULA, TAJIN | | | | |
| **BEVERAGES** | SHAMROCK MILK – CHOCOLATE (FAT FREE) & WHITE (1%), SOYMILK/RICE MILK\*  100% FRUIT JUICE – APPLE & BERRY BLEND | | | | |

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| **WEEK 2** | **MONDAY:** JULY 27 | **TUESDAY:** JULY 28 | **WEDNESDAY:** JULY 29 | **THURSDAY:** JULY 30 | **FRIDAY:** JULY 31 |
| **BREAKFAST** | ZUCCHINI BREAD | BREAKFAST QUESADILLA | WHOLE GRAIN WAFFLE & SAUSAGE PATTY | CINNAMON BURST BREAD | MINI EGG & CHORIZO QUICHE & TOAST |
|  | **ADDITIONAL DAILY ENTRÉES:** WHOLE GRAIN CEREALS, HOMEMADE HARVEST MUFFIN, WHOLE GRAIN BAGEL & GREEK YOGURT CREAM CHEESE  **SIDES:** HARD BOILED EGG, VARIETY OF CANNED FRUIT, FRESH APPLES, ORANGES, BANANAS  **BEVERAGES:** CHOCOLATE MILK (FAT FREE), WHITE (1%), SOY MILK/RICE MILK\*, 100% FRUIT JUICE - 4 OZ APPLE, ORANGE OR FRUIT JUICE BLEND | | | | |
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| **ENTRÉE** | WHOLE GRAIN PANCAKES  W/ SAUSAGE PATTY | ALL NATURAL  TURKEY TACO BOWL | PASTA ALFREDO | CHICKEN TENDER PARMESAN | ALL NATURAL MACARONI & CHEESE |
| **ENTRÉE** | GRILLED HAM & CHEDDAR SANDWICH | ITALIAN CHEESE FLATBREAD | ALL NATURAL  TURKEY HOT DOG  W/ WHOLE GRAIN BUN | CHEESE QUESADILLA W/ SPICY DIPPING SAUCE | WHOLE GRAIN  CRISPY FISH  W/ POTATO WEDGES |
| **SIDE**  STRING CHEESE UPON REQUEST | MAPLE SYRUP | FRESH SALSA  MADE FROM SCRATCH MARINARA | FRUIT FREEZE | MADE FROM SCRATCH  MARINARA  FRESH SALSA  HOMEMADE GARLIC ROLL | WHOLE GRAIN GOLDFISH CRACKERS  LOCAL ITALIAN ICE |
| **CUPPED FRUIT** | AT LEAST ONE/ DAY - PEACHES, PEARS, APPLESAUCE, MIXED FRUIT | | | | |
| **FRESH FRUIT**  **OF THE DAY** | WATERMELON | ORANGE SLICES | STRAWBERRIES | PLUMS | PEARS |
| **FRESH VEGGIE**  **OF THE DAY** | CARROTEENIES | BROCCOLINI | SNAP PEAS | CELERY STICKS | CUCUMBER SLICES W/ HUMMUS |
| **ALL NATURAL SEASONINGS**  **& SAUCES** | FRESH HUMMUS, HOMEMADE RANCH DRESSING, SALSA, & SRIRACHA SAUCE, KETCHUP, MUSTARD, BBQ SAUCE, CHOLULA, TAJIN | | | | |
| **BEVERAGES** | SHAMROCK MILK – CHOCOLATE (FAT FREE) & WHITE (1%), SOYMILK/RICE MILK\*  100% FRUIT JUICE – APPLE & BERRY BLEND | | | | |

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| **WEEK 3** | **MONDAY:** AUG 3 | **TUESDAY:** AUG 4 | **WEDNESDAY:** AUG 5 | **THURSDAY:** AUG 6 | **FRIDAY:** AUG 7 |
| **BREAKFAST** | BANANA BREAD | YOGURT & HOMEMADE GRANOLA | BREAKFAST TACOS | NATURE VALLEY CINNAMON CRISPS | MINI EGG & CHEESE QUICHE & TOAST |
|  | **ADDITIONAL DAILY ENTRÉES:** WHOLE GRAIN CEREALS, HOMEMADE HARVEST MUFFIN, WHOLE GRAIN BAGEL & GREEK YOGURT CREAM CHEESE  **SIDES:** HARD BOILED EGG, VARIETY OF CANNED FRUIT, FRESH APPLES, ORANGES, BANANAS  **BEVERAGES:** CHOCOLATE MILK (FAT FREE), WHITE (1%), SOY MILK/RICE MILK\*, 100% FRUIT JUICE - 4 OZ APPLE, ORANGE OR FRUIT JUICE BLEND | | | | |
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| **ENTRÉE** | PENNE PASTA W/ MARINARA & MOZZARELLA W/ OPTIONAL TURKEY MEATBALLS | ORANGE CHICKEN BOWL  W/ VEGGIES &  BROWN RICE | WHOLE GRAIN MOZZARELLA BREADSTICKS | VEGETARIAN  FIESTA BOWL | ALL NATURAL MACARONI & CHEESE |
| **ENTRÉE** | WHOLE GRAIN CHICKEN BITES | PIZZA WRAP  W/ HOMEMADE  PIZZA SAUCE | ALL NATURAL  BBQ CHICKEN SANDWICH | WHOLE GRAIN WAFFLES  W/ SAUSAGE PATTY | STUFFED PITA W/ SHREDDED CHICKEN |
| **SIDE**  STRING CHEESE UPON REQUEST | MADE FROM SCRATCH MARINARA  HOMEMADE GARLIC ROLL | MADE FROM SCRATCH MARINARA | MADE FROM SCRATCH MARINARA  HOMEMADE OATMEAL BAR | SALSA  MAPLE SYRUP | GREEK SAUCE  LOCAL ITALIAN ICE |
| **CUPPED FRUIT** | AT LEAST ONE/ DAY - PEACHES, PEARS, APPLESAUCE, MIXED FRUIT | | | | |
| **FRESH FRUIT**  **OF THE DAY** | APPLES | CLEMENTINES | GRAPES | BANANAS | PINEAPPLE |
| **FRESH VEGGIE**  **OF THE DAY** | CHERRY TOMATOES | CARROT STICKS | BROCCOLI | JICAMA | CUCUMBER SLICES W/ HUMMUS |
| **ALL NATURAL SEASONINGS**  **& SAUCES** | FRESH HUMMUS, HOMEMADE RANCH DRESSING, SALSA, & SRIRACHA SAUCE, KETCHUP, MUSTARD, BBQ SAUCE, CHOLULA, TAJIN | | | | |
| **BEVERAGES** | SHAMROCK MILK – CHOCOLATE (FAT FREE) & WHITE (1%), SOYMILK/RICE MILK\*  100% FRUIT JUICE – APPLE & BERRY BLEND | | | | |