

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
<p><b>July 31st</b></p> <p><b>Breakfast:</b> Toasted Os with milk</p> <p><b>Snack:</b> Cheese Grits</p> <p><b>Lunch:</b> Baked Ziti, Salad, Apple Slices</p> <p><b>Snack:</b> Pita with Hummus</p>	<p><b>Breakfast:</b> Pancakes with syrup</p> <p><b>Snack:</b> Cucumbers and Ritz</p> <p><b>Lunch:</b> Chicken Tacos with Cheese, Corn, Pears</p> <p><b>Snack:</b> Chips and Salsa</p>	<p><b>Breakfast:</b> Corn Puffs with milk</p> <p><b>Snack:</b> Oatmeal Bananas</p> <p><b>Lunch:</b> Chicken Nuggets, Carrots, Pineapples</p> <p><b>Snack:</b> Cheese and Crackers</p>	<p><b>Breakfast:</b> Biscuits with jelly</p> <p><b>Snack:</b> Breadsticks with Marinara, juice</p> <p><b>Lunch:</b> Pizza, Peas, Bananas</p> <p><b>Snack:</b> Grahams with Applesauce</p>	<p><b>Breakfast:</b> Corn Flakes with milk</p> <p><b>Snack:</b> Yogurt with Rice Krispies</p> <p><b>Lunch:</b> Turkey and Cheese Wraps, Orange Slices, Salad</p> <p><b>Snack:</b> Trail Mix with</p>
7	8	9	10	11
<p><b>Breakfast:</b> Corn Flakes with milk</p> <p><b>Snack:</b> Cheese Grits</p> <p><b>Lunch:</b> Spaghetti, Apple Slices, Carrots</p> <p><b>Snack:</b> Pretzels and Cheese Slices</p>	<p><b>Breakfast:</b> Waffles with Syrup</p> <p><b>Snack:</b> Graham Crackers with Milk</p> <p><b>Lunch:</b> Cheese Quesadilla, Corn, Pears</p> <p><b>Snack:</b> Cheeze-its with Juice</p>	<p><b>Breakfast:</b> Toasted Os w/ milk</p> <p><b>Snack:</b> Tuna Salad &amp; Wheat Crackers</p> <p><b>Lunch:</b> Cheeseburger, Carrots, Peaches</p> <p><b>Snack:</b> Crackers with Soy Nut Butter</p>	<p><b>Breakfast:</b> Cheese Toast</p> <p><b>Snack:</b> Cottage cheese and Blueberries</p> <p><b>Lunch:</b> Chicken and Rice, Green Beans, Bananas</p> <p><b>Snack:</b> Grahams with Applesauce</p>	<p><b>Breakfast:</b> Corn Puffs with milk</p> <p><b>Snack:</b> Yogurt with Rice Krispies</p> <p><b>Lunch:</b> Chicken Salad Wraps, Orange Slices, Salad</p> <p><b>Snack:</b> Animal Crackers with Juice</p>
14	15	16	17	18
<p><b>Breakfast:</b> Toasted Os with milk</p> <p><b>Snack:</b> Cheese Grits</p> <p><b>Lunch:</b> Baked Ziti, Salad, Apple Slices</p> <p><b>Snack:</b> Pita with Hummus</p>	<p><b>Breakfast:</b> Pancakes with syrup</p> <p><b>Snack:</b> Cucumbers and Ritz</p> <p><b>Lunch:</b> Chicken Tacos w/ Cheese, Corn, Pears</p> <p><b>Snack:</b> Chips and Salsa</p>	<p><b>Breakfast:</b> Corn Puffs with milk</p> <p><b>Snack:</b> Oatmeal Bananas</p> <p><b>Lunch:</b> Chicken Nuggets, Carrots, Pineapples</p> <p><b>Snack:</b> Cheese and Crackers</p>	<p><b>Breakfast:</b> Biscuits with jelly</p> <p><b>Snack:</b> Breadsticks with Marinara, juice</p> <p><b>Lunch:</b> Pizza, Bananas, Peas</p> <p><b>Snack:</b> Grahams with Applesauce</p>	<p><b>Breakfast:</b> Corn Flakes with milk</p> <p><b>Snack:</b> Yogurt with Rice Krispies</p> <p><b>Lunch:</b> Turkey and Cheese Wraps, Orange Slices, Salad</p> <p><b>Snack:</b> Trail Mix with Juice</p>
21	22	23	24	25
<p><b>Breakfast:</b> Corn Flakes with milk</p> <p><b>Snack:</b> Cheese Grits</p> <p><b>Lunch:</b> Spaghetti, Apple Slices, Carrots</p> <p><b>Snack:</b> Pretzels and Cheese Slices</p>	<p><b>Breakfast:</b> Waffles with Syrup</p> <p><b>Snack:</b> Graham Crackers with Milk</p> <p><b>Lunch:</b> Cheese Quesadilla, Corn, Pears</p> <p><b>Snack:</b> Cheez-its with Juice</p>	<p><b>Breakfast:</b> Toasted Os w/ milk</p> <p><b>Snack:</b> Tuna Salad with Wheat Crackers</p> <p><b>Lunch:</b> Cheeseburger, Carrots, Peaches</p> <p><b>Snack:</b> Crackers with Soy Nut Butter</p>	<p><b>Breakfast:</b> Cheese Toast</p> <p><b>Snack:</b> Cottage cheese and Blueberries</p> <p><b>Lunch:</b> Chicken and Rice, Bananas, Green Beans</p> <p><b>Snack:</b> Grahams with Applesauce</p>	<p><b>Breakfast:</b> Corn Puffs with milk</p> <p><b>Snack:</b> Yogurt with Rice Krispies</p> <p><b>Lunch:</b> Chicken Salad Wraps, Orange Slices, Salad</p> <p><b>Snack:</b> Animal Crackers with Juice</p>
28	29	30	31	
<p><b>Breakfast:</b> Toasted Os with milk</p> <p><b>Snack:</b> Cheese Grits</p> <p><b>Lunch:</b> Baked Ziti, Salad, Apple Slices</p> <p><b>Snack:</b> Pita with Hummus</p>	<p><b>Breakfast:</b> Pancakes with syrup</p> <p><b>Snack:</b> Cucumbers and Ritz</p> <p><b>Lunch:</b> Chicken Tacos with Cheese, Corn, Pears</p> <p><b>Snack:</b> Chips and Salsa</p>	<p><b>Breakfast:</b> Corn Puffs with milk</p> <p><b>Snack:</b> Oatmeal Bananas</p> <p><b>Lunch:</b> Chicken Nuggets, Carrots, Pineapples</p> <p><b>Snack:</b> Cheese and Crackers</p>	<p><b>Breakfast:</b> Biscuits with jelly</p> <p><b>Snack:</b> Breadsticks with Marinara, juice</p> <p><b>Lunch:</b> Pizza, Peas, Bananas</p> <p><b>Snack:</b> Grahams with Applesauce</p>	