


July 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 1)	1 4 oz Orange Juice Bran Muffin 1 Slice WG Bread 1 oz Peanuts 1 pkt Jelly & Margarine 1% Low Fat Milk	2 4 oz Orange Juice Toaster Oats Cereal 1 Slice WG Bread 1 oz Peanut Butter 1 Apple 1% Low Fat Milk	3 4 oz Apple Juice 2 Slices WG Bread 1 oz Peanut Butter Jelly 1% Milk Low fat Milk	4 	5 <b>CLOSED</b>
LUNCH	<b>3 oz Hamburger</b> ½ cup Carrot Coins ½ cup Cheesy Mashed Potatoes 1 WG Hamburger Bun 1 pkt Ketchup 4 oz Blended Juice 1% Low Fat Milk	<b>3 oz Chicken Thigh w/Salsa</b> ½ Cup Northern Beans w/Peppers & Onions ½ Cup Confetti Corn 1 Slice WG Bread & Margarine 4 oz Orange Juice 1% Low Fat Milk	<b>8 oz Pasta Primavera</b> ½ cup Glazed Carrots ½ cup Cabbage 1 Slice WG Bread 1 oz Peanut Butter 4.5 oz Applesauce 1% Low Fat Milk		
BREAKFAST (Week 2)	8 4 oz Orange Juice 4 oz. Flavored Yogurt 1 Raisin Bran Cereal 1 Slice WG Bread 1 oz Peanut Butter 8 oz 1% Milk	9 4 oz Blended Juice 1 WG Bagel 1 oz Peanut Butter 1 pky Jelly 1 Margarine cup 1 Orange 8 oz 1% Milk	10 4 oz Orange Juice 2 Hardboiled Eggs 2 Slices of Cheese 2 Slices WG Bread 8 oz 1% Milk	11 4 oz Orange Juice Toasted Oats Cereal 1 Slice WW Bread 1 oz Peanut Butter Margarine 1 Banana 8 oz 1% Milk	12 4 oz Orange Juice 2 Hardboiled Eggs 2 Slices Cheese 2 Sliced WG Bread 8 oz 1% Milk
LUNCH	<b>3 oz Marinara Chicken</b> 3 oz Chicken Thighs ½ cup Peas & Carrots ½ cup Pasta 1 Slice WG Bread 1 Margarine cup 1 oz Raisins 8 oz 1% Milk	<b>4 oz Sloppy Joes</b> ½ cup Black Eyed Peas ½ cup Cheesy Mashed Potatoes 1 WG Hamburger Bun 4.5 oz Applesauce 8 oz 1% Milk	<b>4 oz Black Bean Tacos</b> ½ cup Stewed Tomatoes ½ cup Confetti Corn 2 WW Tortillas 1 oz Peanuts 8 oz 1% Low Fat Milk	<b>3 oz Pineapple Meatballs</b> ½ cup Cabbage ½ cup Country Vegetable Medley 1 Slice WG Bread Margarine 4 oz Orange Juice 8 oz 1% Low Fat Milk	<b>3 oz Honey Orange Chicken</b> ½ cup Carrot Coins ½ cup Mashed Potatoes 1 Slice WW Bread 1 pkt Graham Crackers 4 oz Blended Juice 8 oz 1% Milk
BREAKFAST (Week 3)	15 4 oz Apple Juice 2 Slices WG Bread 1 oz Peanut Butter 1 pkt Jelly 1 oz Raisins 1% Low fat Milk	16 2) 4 oz Orange Juice Raisin Bran Cereal 1 Slice WG Bread 1 oz Peanut Butter 1% Low fat Milk	17 4 oz Orange Juice 1 HW Bagel 1 pkt Cream Cheese 1 oz Peanuts 1 Banana 1% Low Fat Milk	18 4 oz Orange Juice 2 Hard-Boiled Eggs 2 Slices Cheese 1 WG Bagel 1% Low Fat Milk	19 4 oz Blended Juice 1 each Honey Graham Toasters Cereal 1 Slice WG Bread 1 oz Peanuts 1 Banana 8 oz 1% Milk
LUNCH	4 oz Apple Juice 2 Slices WG Bread 1 oz Peanut Butter 1 pkt Jelly 1 oz Raisins 1% Low fat Milk	<b>3 oz Chicken Thigh w/Gravy</b> ½ Cup Glazed Carrots ½ Cup Northern Beans w/Peppers & Onions 1 Slice WG Bread & Margarine 4 oz Orange Juice 1% Low Fat Milk	3 oz Meatballs w/Marinara ½ cup California Vegetable Blend ½ cup Pasta 1 Slice WG Bread 2 Margarine cups 4 oz Orange Juice 1% Low Fat Milk	<b>8 oz Chicken &amp; Rice</b> ½ Cup Black Eyed Peas ½ cup Pasta 1 Slice WW Bread & Margarine 4 oz Apple Juice 1% Low Fat Milk	<b>3 oz Cheeseburger</b> 1 Slice Cheese ½ cup Peas & Carrots ½ cup Mashed Potatoes 1 HG Hamburger Bun 1 pkt Ketchup & 2 Margarine cups 8 oz 1% Milk
BREAKFAST (Week 4)	22 4 oz. orange Juice x 2 1 Raisin Bran Cereal 1 sl. WG Bread 1 oz. Peanut Butter 8 oz. 1% Low Fat Milk	23 4 oz Orange Juice Toaster Oats Cereal 1 Slice WG Bread 1 oz Peanut Butter 1 Apple 1% Low Fat Milk	24 4 oz Orange Juice 2 Hard-Boiled Eggs 2 Slices Cheese 2 Slices WG Bread 1% Low fat Milk	25 4 oz Orange Juice 4 oz Flavored Yogurt 1 oz Peanuts 1 Slice WG Bread 1 Maple Waffle Graham 1% Low Fat Milk	26 4 oz Blended Juice 1 WG Bagel 1 oz Peanut Butter 1 Margarine Cup 1 Banana 1% Low Fat Milk
LUNCH	<b>Chicken Sandwich</b> ½ cup Country Vegetable Medley ½ cup Northern Beans w/Peppers & Onions 1 WG Hamburger Bun 1 pkt. Ketchup & Mayonnaise 1 pkt Graham Crackers 8 oz. Low Fat Milk	<b>8 oz Beef Stroganoff Casserole</b> ½ Cup Glazed Carrots ½ Cup Cabbage 1 Slice WG Bread & Margarine 4 oz Apple Juice 1% Low Fat Milk	<b>3 oz Lemon Pepper Chicken</b> ½ Cup California Vegetable Blend ½ Mashed Potatoes 1 Slice WG Bread & Margarine 4 oz Orange Juice 1% Low Fat Milk	<b>8 oz Spaghetti w/Meat Sauce</b> ½ cup Broccoli ½ cup Confetti Corn 1 Slice WG Bread & Margarine 4.5 oz Applesauce 8 oz 1% Milk	<b>8 oz Spaghetti w/Meat Sauce</b> ½ cup Broccoli ½ cup Confetti Corn 1 Slice WG Bread 4.5 oz Applesauce 8 oz 1% Milk
BREAKFAST (Week 1)	29 4 oz Orange Juice Bran Muffin 1 Slice WG Bread 1 oz Peanuts 1 pkt Jelly & Margarine 1% Low Fat Milk	30 4 oz Orange Juice Toaster Oats Cereal 1 Slice WG Bread 1 oz Peanut Butter 1 Apple 1% Low Fat Milk	31 4 oz Apple Juice 2 Slices WG Bread 1 oz Peanut Butter Jelly 1% Milk Low fat Milk	<b>West Lake Worth</b> <b>This Menu is Subject to Change!</b>	
LUNCH	<b>3 oz Hamburger</b> ½ cup Carrot Coins ½ cup Cheesy Mashed Potatoes 1 WG Hamburger Bun 1 pkt Ketchup 4 oz Blended Juice 1% Low Fat Milk	<b>3 oz Chicken Thigh w/Salsa</b> ½ Cup Northern Beans w/Peppers & Onions ½ Cup Confetti Corn 1 Slice WG Bread & Margarine 4 oz Orange Juice 1% Low Fat Milk	<b>8 oz Pasta Primavera</b> ½ cup Glazed Carrots ½ cup Cabbage 1 Slice WG Bread 1 oz Peanut Butter 4.5 oz Applesauce 1% Low Fat Milk		

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