

July Menu - Ft. Myers

	Breakfast	Lunch	3:30 Snack
Monday, 7/2	Cereal, Fruit & Milk	Spaghetti w/ Meatballs, Broccoli, Peaches & Milk	Applesauce & Snack Mix
Tuesday, 7/3	Nutri-Grain Bars, Pears & Milk	Chicken Sliders, Green Beans, Apples & Milk	Fresh Fruit & Gold Fish
Wednesday, 7/4	Closed	Closed	Closed
Thursday, 7/5	Biscuit, Apples & Milk	BBQ Chicken & Rice, Peas and Carrots, Pears & Milk	Sliced Oranges & Animal Crackers
Friday, 7/6	Banana Muffin, Mixed Fruit & Milk	Sloppy Joe's, Butter Peas, Mandarin Oranges & Milk	Vanilla Yogurt & Whole Grain Cheerios
Monday, 7/9	Cereal, Peaches & Milk	Chicken Divan w/ Broccoli & Brown Rice, Apples & Milk	Fresh Fruit & Whole Wheat Crackers
Tuesday, 7/10	Nutri-Grain Bars, Applesauce & Milk	Whole Wheat Cheese Quesadillas, Peas and Carrots, Pears & Milk	Graham Crackers & Craisins
Wednesday, 7/11	Cheese Biscuits, Pineapple & Milk	Turkey & Cheese Sandwich, Green Beans, Mandarin Oranges & Milk	Fresh Fruit & Gold Fish
Thursday, 7/12	Waffles, Mixed Fruit & Milk	Spaghetti and Meatballs, Broccoli, Apples & Milk	Vanilla Yogurt & Pretzels
Friday, 7/13	Blueberry Muffin, Banana & Milk	Oriental Chicken with Veggies & Brown Rice, Pineapple & Milk	Cheese & Snack Mix
Monday, 7/16	Pancakes, Applesauce & Milk	Pot Roast, Mashed Potatoes, Peaches & Milk	Sliced Oranges & Animal Crackers
Tuesday 7/17	Cereal, Pears & Milk	Chicken Paella, Butter Peas, Apples & Milk	Fresh Fruit & Pretzels
Wednesday, 7/18	Biscuit, Peaches & Milk	Turkey & Cheese Sandwich, Green Beans, Mixed Fruit & Milk	Raisins & Veggie Straws
Thursday, 7/19	French Toast, Pineapple & Milk	Meatballs w/ Brown Rice, Broccoli, Mandarin Oranges & Milk	Apple Slices & Gold Fish
Friday, 7/20	Blueberry Muffin, Banana & Milk	Sloppy Joe's, Purple Hull Peas, Pears & Milk	Cheese & Snack Mix
Monday, 7/23	Chef's Choice	Chef's Choice	Chef's Choice
Tuesday, 7/24	Cereal, Peaches & Milk	BBQ Chicken & Rice, Peas and Carrots, Mandarin Oranges & Milk	Graham Crackers & Craisins
Wednesday, 7/25	Banana Muffin, Apples & Milk	Whole Wheat Cheese Quesadillas, Broccoli, Pears & Milk	Fresh Fruit & Gold Fish
Thursday, 7/26	Pancakes, Mandarin Oranges & Milk	Chicken Spaghetti, Butter Peas, Pineapple & Milk	Banana & Whole Grain Cheerios
Friday, 7/27	Waffles, Peaches & Milk	Cheese Pizza, Green Beans, Apples & Milk	Raisins & Veggie Straws
Monday, 7/30	Cereal, Fruit & Milk	Spaghetti w/ Meatballs, Green Beans, Peaches & Milk	Applesauce & Snack Mix
Tuesday, 7/31	Nutri-Grain Bars, Pears & Milk	BBQ Chicken & Rice, Broccoli, Apples & Milk	Fresh Fruit & Gold Fish
Wednesday, 8/1	Waffles, Pineapple & Milk	Whole Wheat Cheese Quesadillas, Peas and Carrots, Peaches & Milk	Vanilla Yogurt & Pretzels
Thursday, 8/2	Blueberry Muffin, Banana & Milk	Pot Roast, Mashed Potatoes, Pears & Milk	Raisins & Veggie Straws
Friday, 8/3	Pancakes, Mandarin Oranges & Milk	Chicken Sliders, Green Beans, Apples & Milk	Cheese & Whole Wheat Crackers



"GrowingRoomSWFL"



@GR_SWFL

www.GrowingRoomChildDevelopment.com