

# July Menu - Bonita Springs

|                       | Breakfast                                 | Lunch  | 3:30 Snack                            |
|-----------------------|---|--|---------------------------------------|
| Monday, 7/2           | Cheese Biscuit, Fruit & Milk              | Spaghetti w/ Meatballs, Broccoli, Peaches & Milk                 | Applesauce & Snack Mix                |
| Tuesday, 7/3          | Grits, Pears & Milk                       | Chicken Sliders, Green Beans, Apples & Milk                      | Fresh Fruit & Gold Fish               |
| <b>Wednesday, 7/4</b> | <b>Closed</b>                             | <b>Closed</b>  | <b>Closed</b>                         |
| 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           | Grits with Turkey Sausage, Peaches & Milk | Chicken Divan w/ Broccoli & Brown Rice, Apples & Milk            | Fresh Fruit & Whole Wheat Crackers    |
| Tuesday, 7/10         | Oatmeal, Applesauce & Milk                | Whole Wheat Cheese Quesadillas, Peas and Carrots, Pears & Milk   | Rice Cereal & 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          | Cheese Grits, 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         | Oatmeal, Peaches & Milk                   | BBQ Chicken & Rice, Peas and Carrots, Mandarin Oranges & Milk    | Rice Cereal & 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          | Cheese Biscuit, Fruit & Milk              | Spaghetti w/ Meatballs, Green Beans, Peaches & Milk              | Applesauce & Snack Mix                |
| Tuesday, 7/31         | Grits, 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           | Oatmeal, Mandarin Oranges & Milk          | Chicken Sliders, Green Beans, Apples & Milk                      | Cheese & Whole Wheat Crackers         |



"GrowingRoomSWFL"



@GR\_SWFL

[www.GrowingRoomChildDevelopment.com](http://www.GrowingRoomChildDevelopment.com)