



MENU FOR THE WEEK OF:  
July 19<sup>th</sup>-23<sup>rd</sup>, 2010



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Cereal  
&  
Fruit

Blueberries  
Cottage Cheese  
&  
Toast

Cereal  
&  
Fruit

Strawberries  
Yogurt  
& Granola Parfait

Muffins  
&  
Fruit

LUNCH

Ravioli  
  
Carrots  
  
Mix Fruit

Franks & Beans  
  
Pears

Pizza  
  
Green Beans  
  
Applesauce

Turkey & Cheese  
Sandwiches  
  
Peas  
  
Peaches

Hamburgers  
  
Carrots  
  
Apples

SNACK

Pretzels

Carrots W/ Ranch  
Or  
Ritz Crackers

Graham  
Crackers

Rosey's  
Trail  
Mix

Snack  
Mix  
Up