

Breakfast

Jul-26

Substitutions may be used as necessary.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			WGR French Toast Pineapple Tidbits © Milk	WGR Pancakes Apricot Halves © Milk	Scrambled Eggs Diced Peaches © Tortilla Milk	
5	6	7	8	9	10	11
	WGR Life Cereal Diced Peaches © Milk	Banana Bread Pineapple Tidbits© Milk	WGR Honey Nut Cheerios Applesauce Milk	Biscuits w/ham Fruit Cocktail © Milk	WGR Waffles Pear Halves © Milk	
12	13	14	15	16	17	18
	WGR Pancakes Apricot Halves © Milk	French Toast Sticks Mx. Berries Milk	WGR Toasted Oats Fresh Strawberries Milk	Scrambled Eggs w/bis Applesauce © Tortilla Milk	WGR Bagel w/cream cheese Pear Halves © Milk	
19	20	21	22	23	24	25
	WGR Honey Nut Cheerios Peach Halves Milk	Biscuit w/butter Scrambled Eggs Apricot Halves © Milk	French Toast Pineapple Chunks © Milk	WGR Pancakes Fruit Cocktail © Milk	WGR Bagel w/sausage patty Diced Pears © Milk	
26	27	28	29	30	31	
	WGR French Toast Pear Halves © Milk	WGR Corn Flakes Pinapple Chunks © Milk	WGR Pancakes Apricot Halves © Milk	Biscuits w/cheddar Fresh Apple Slices © Milk	WGR Scrambled Eggs Peach Halves © Tortilla Milk	

Jul-26

Lunch

Substitutions may be used as necessary.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Cheese Burger Mx. Vegetables (A) Orange Sections © Hamburger Buns Milk	WGR Spagetti w/ meat sauc Cut Green Beans (A) Fruit Cocktail WG Sliced Bread Milk	Beanie Weenies Corn Cuts Pineapple Chunks © WG Sliced Bread Milk	
5	6	7	8	9	10	11
	WGR Salisbury Steak Green Beans (A) Apricot Halves © WG Sliced Bread Milk	WGR Chicken Patties Peas & Carrots (A) Mixed Berries © WG Sliced Bread Milk	Hot Dogs w/cheese Baked Beans Orange Slices © Hot Dog Bun Milk	Beef Tacos Lettuce & Tomato Sal Applesauce Flour Tortilla Milk	WGR Pepperoni Pizza (CN) Mx. Vegetables (A) Pear Halves © WG Sliced Bread Milk	
12	13	14	15	16	17	18
	Fish Fillet (CN) Mashed Potatoes Bananas WGR Sliced Bread Milk	WGR Grilled Ham/Chees Broccoli (A) Pineapple Cuts © WG Sliced Bread Milk	WGR Spaghetti w/meat sau Garden Salad Applesauce © WG Sliced Bread Milk	Bean & Cheese Taco Corn Orange Slices © Flour Tortilla Milk	WGR Chicken Quesadilla Mx. Vegetables (A) Diced Peaches © WG Sliced Bread Milk	
19	20	21	22	23	24	25
	Soft Chicken Taco Garden Salad Pear Halves © Flour Tortilla Milk	WGR Baked Parmesan Chic Mx. Vegetavles (A) Fruit Cocktail WG Sliced Bread Milk	Bean & Cheese Taco Garden Salad Mixed Berries © Flour Tortilla Milk	WGR Salisbury Steak Mashed Potatoes Apricot Halves© WG Sliced Bread Milk	WGR Chicken Nuggets Cut Green Beans (A) Orange Sections© WG Sliced Bread Milk	
26	27	28	29	30	31	
	Bar B Que Pork Sand Peas/Carrots (A) Pear Halves © Hamburger buns Milk	Cheeseburgers Broccoli (A) Banana/Strawberry © Hamburger Bun Milk	Hot Dogs w/cheese Corn Fresh Apple Slices © Hot Dog Bun Milk	Sloppy Joe Baked French Fries Apricot Halves© WG Sliced Bread Milk	WGR Grilled Ham & Swiss Cheese Green Beans (A) Orange Sections© WG Sliced Bread Milk	

Snack

Jul-26

Substitutions may be used as necessary.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
**Trail Mix: Marshmallows Pretzels Chex rice, wheat and Corn Cereal Raisins			Ritz Crackers Apricot Halves © Water	Carrot Sticks (A) w/ Ranch Dressing Diced Pears © Water	Goldfish crackers Diced Pineapple © Water	
5	6	7	8	9	10	11
	Breadsticks w/ Marinara Sauce Fruit Cocktail © Water	Yogurt w/fruit Mixed Berries © Water	Graham Crackers Apricot Halves © Water	WGR WGR Waffles Diced Pears © Water	WGR WGR Sun chips Cheddar Cheese WW Toast Water	
12	13	14	15	16	17	18
	Cinnamon Raisin Bread Applesauce © Water	WGR Trail Mix ** Diced Peaches© Water	WGR Ritz Crackers Pineapple Tidbits© Water	WGR WG Banana Muffins Pear Halves Water	Sun Chips 100% Fruit Punch Water	
19	20	21	22	23	24	25
	Carrot Sticks w/ranch 100% fruit Punch Water	WGR Goldfish Crackers Fruit Cocktail © Water	Cinnamon Raisin Bread Applesauce © Water	Yogurt w/fruit Mixed Berries © Water	WGR Breadsticks w/ Marinara Sauce Pineapple Tidbits © Water	
26	27	28	29	30	31	
	WGR Mini Bagels /cream Apricot Halves © Water	WGR Goldfish Crackers Diced Pears © Water	Jerky (CN) Saltine Crackers Diced Peaches Water	WGR Trail Mix ** Applesauce © Water	WGR Waffle Pear Halves Water	

Dinner

Jul-26

Substitutions may be used as necessary.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Bar B Q Pork sand Baked French Fries Peach Halves © Hamburger bun Milk	Cheese Burger Mx. Vegetables Pear Halves © Hamburger Bun Milk	WGR Spaghetti w/ meat sauce Green Beans Tropical Fruit Salad © WG Sliced Bread Milk	
5	6	7	8	9	10	11
	Beanie Weenies Corn Cuts Diced Pineapple © WG Sliced Bread Milk	WGR Salisbury Steak (CN) Green Beans (A) Apricot Halves © WG Sliced Bread Milk	WG Chicken Nuggets Peas & Carrots (A) Mixed Berries © WG Sliced Bread Milk	Hot Dog w/Cheese Baked Beans Orange Sections © Hot Dog Bun Milk	Beef Tacos Lettuce & Tomato (A) Applesauce © Flour Tortilla Milk	
12	13	14	15	16	17	18
	WG Sloppy Joes Mx. Vegetables (A) Pear Halves © WG Sliced Bread Milk	Fish Fillet Mashed Potatoes Bananas WG Sliced Bread Milk	WG Grilled Ham & Cheese Broccoli (A) Pineapple Cuts © WG Sliced Bread Milk	WG Spaghetti w/meat sauce Green Salad w/carrots Applesauce © WG Sliced Bread Milk	Bean & Cheese Tacos Corn Orange Slices © Flour Tortilla Milk	
19	20	21	22	23	24	25
	Chicken Quesadilla Mx. Vegetables (A) Diced Peaches © WG Sliced Bread Milk	Beef Taco Garden Salad Pear Halves © Flour Tortilla Milk	WG Baked Parm Chicken Mx. Vegetables (A) Mx. Fruit © WG Sliced Bread Milk	Bean & Cheese Taco Lettuce & Tomato Mixed Berries © Flour Tortilla Milk	WG Salisbury Steak (CN) Mashed Potatoes Apricot Halves © WG Sliced Bread Milk	
26	27	28	29	30	31	
	WGR Chicken Nuggets (CN) Green Beans (A) Orange Sections © WG Sliced Bread Milk	Bar B Que Pork Sand Peas & Carrots (A) Pear Halves © Hamburger bun Milk	Cheeseburger Broccoli Cuts (A) Banana/Straw Hamburger Bun Milk	Hot Dog w/Cheese Corn Fresh Apple Slices © Hot Dog bun Milk	WG Sloppy Joe Baked French Fries Apricot Halves © WG Sliced Bread Milk	