

July Menu



Breakfast: 8:00am
 Lunch: 11:30-12:30pm
 Snack: 2:30-3:30pm
WG-whole grain
HM- homemade

1% milk served to children 2 and up
 Whole milk served to children age 1
 *menu is subject to change based on availability

Mon.	Tues.	Wed.	Thurs.	Fri.
<u>Forest Park</u>			1	2
			Br: ham and egg scramble, hash browns, milk Lu: Grilled cheese HM/WG , tomato soup, peaches, milk Sn: Cheese-its WG , 100% apple juice	Sn: muffins, berries, milk Lu: chicken corn dogs WG , carrots, pears, milk Sn: Patriotic Parfaits (yogurt, strawberries, blueberries)
5 <u>Science Center</u>	6	7	8	9
CLOSED	Br: toasted English muffin WG , jelly, apple slices, milk Lu: sloppy joes, bun WG , tater tots, peaches, milk Sn: cheese pizza bagel WG , water	Br: Apple cinnamon muffin, grapes, milk Lu: ham, roll WG , green beans, pears, milk Sn: animal crackers, milk	Br: Chex WG , mandarins, milk Lu: Chicken tacos WG , black beans, corn, mandarin, milk Sn: Goldfish WG , 100% apple juice	Br: raisin bread, pears, milk Lu: chicken pot pie, biscuit, mixed vegetables, apples, milk Sn: carrots, ranch, Wheat Thins WG , water
12 <u>Cardinals/Blues</u>	13	14	15	16
Br: Biscuit, jelly, clementine, milk Lu: Chicken tenders WG , vegetable soup, pineapple, milk Sn: animal crackers, 100% white grape juice	Br: Turkey sausage, waffle WG , peaches, milk Lu: Cheeseburger, bun WG , fries, grapes, milk Sn: graham crackers, milk	Br: Crescent, pears, milk Lu: fish sticks WG , peas, applesauce, milk Sn: yogurt, mixed berries, water	Br: pancake wraps WG , apple slices, milk Lu: cheese pizza WG , salad, grapes, milk Sn: Cheez-Its WG , raisins, water	Br: Cheesy eggs, croissant, grapes, milk Lu: bbq meatballs, roll WG , green beans, fruit salad, milk
19 <u>Botanical Garden</u>	20	21	22	23
Br: waffle WG , peaches, milk Lu: chicken alfredo WG , garlic bread stick, salad, grapes, milk Sn: Teddy Grahams, milk	Br: bagel WG , cream cheese, pears, milk Lu: chicken corn dogs WG , corn, mandarins, milk Sn: 100% grape juice, Fritos	Br: Cheerios WG , applesauce, milk Lu: biscuit with turkey sausage and cheese, hash brown, pineapples, milk Sn: pretzels, string cheese, raisins, water	Br: raisin bread, apricots, milk Lu: Turkey taco macaroni WG , green beans, peaches, milk Sn: Goldfish WG , 100% white grape juice	Br: Blueberry pancake wrap WG , clementine, milk Lu: Fish Sticks WG , roll WG , mashed sweet potatoes, pears, milk Sn: Fritos, cheese stick, water
26 <u>The Hill/Soulard</u>	27	28	29	30
Br: breakfast burrito WG , mandarins, milk Lu: BBQ meatballs, corn muffin, baked beans, peaches, milk Sn: Ham, cheese, crackers, water	Br: toast WG , sausage, grapes, milk Lu: Chicken tenders WG , green beans, apple slices, milk Sn: watermelon, pretzels	Br: pancakes WG , mixed berries, milk Lu: turkey hotdog, slice of bread WG , waffle fries, orange slices, milk Sn: graham crackers, milk	Br: Crescent roll, apple slices, milk Lu: Ziti WG and turkey meat sauce HM , green beans, pears, milk Sn: pretzels, clementine, water	Br: biscuit, jelly, grapes, milk Lu: Beef Nachos, tortilla chips WG , salad, pineapple, milk Sn: carrots, cheese stick, water