
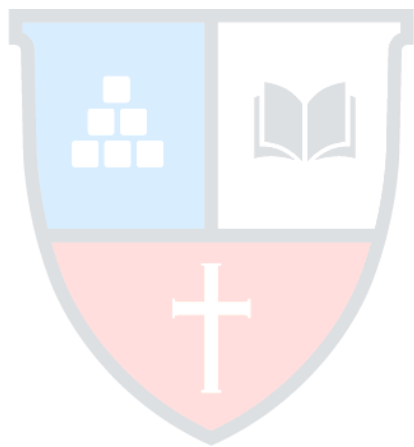


# July 2019

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| 1<br>Breakfast: Pancakes and Blueberries<br>Lunch: Chicken Soft Taco, Wild Rice, Mandarin Oranges<br>Snack: Yogurt, Strawberries  | 2<br>Breakfast: Cheesy Hash Browns, Turkey Sausage, Blueberries<br>Lunch: Turkey and Cheese Roll up Carrot Sticks, Peaches<br>Snack: Graham Crackers, Raisins | 3<br>Breakfast: Cereal, Orange Slices<br>Lunch: Mini Corndogs, Green Beans, Apricots<br>Snack: Apple Slices, Pretzels               | 4<br>  | 5<br>Breakfast: Turkey Sausage Pattie, French Toast Sticks<br>Lunch: Popcorn Chicken Nuggets, Baked Fries, Pears<br>Snack: Goldfish, Applesauce |
| 8<br>Breakfast: Cinnamon Raisin Toast, Bananas<br>Lunch: Wholegrain Penne Pasta with Spaghetti, Broccoli, Pineapple<br>Snack: Baby Carrots with Ranch and Crackers      | 9<br>Breakfast: Grits, Turkey Bacon<br>Lunch: Open Faced BBQ Sandwich, Black Eyed Peas, Pears<br>Snack: Cheese Sticks, Animal Crackers                        | 10<br>Breakfast: Pancakes, Strawberries<br>Lunch: Crispidos, Corn, Fruit Cocktail<br>Snack: Animal Crackers, Apple Slices           | 11<br>Breakfast: Hash Browns, Turkey Sausage, Peaches<br>Lunch: Turkey and Cheese Wheat Slider, Green Beans, Mandarin Oranges<br>Snack: Yogurt, Goldfish Crackers | 12<br>Breakfast: Cereal, Orange Slices<br>Lunch: Pizza, Diced Carrots, Pineapple<br>Snack: Chex Mix, Applesauce                                 |
| 15<br>Breakfast: Turkey Sausage, Biscuit, Strawberries<br>Lunch: Wholegrain Penne Pasta with Spaghetti Sauce, Pineapple, Diced Carrots<br>Snack: Apple Slices, Goldfish | 16<br>Breakfast: Bagels, Yogurt<br>Lunch: Chicken, Broccoli and Rice, Pears<br>Snack: Graham Crackers, Applesauce   | 17<br>Breakfast: French Toast Sticks, Peaches<br>Lunch: Crispidos, Green Beans, Pears<br>Snack: Strawberries, Graham Crackers       | 18<br>Breakfast: Biscuits and Gravy, Apricots<br>Lunch: Grilled Turkey and Cheese, Lima Beans, Fruit Cocktail<br>Snack: Pretzels, Yogurt                          | 19<br>Breakfast: Cereal, Bananas<br>Lunch: Chicken Taco with Spinach, Peas, Carrots, Pineapple<br>Snack: Animal Crackers, Orange Slices         |
| 22<br>Breakfast: Cheese Toast, Peaches<br>Lunch: Pizza, Lima Beans, Pineapples<br>Snack: Yogurt, Cheez-It's   | 23<br>Breakfast: Bagels, Applesauce<br>Lunch: Loaded Mashed Potatoes, Broccoli, Peaches<br>Snack: Sliced Oranges, Graham Crackers                             | 24<br>Breakfast: Pancakes, Turkey Sausage<br>Lunch: Mini Corndogs, Green Beans, Pears<br>Snack: Cheese Sticks, Cut Grapes           | 25<br>Breakfast: Scrambled Eggs, Blueberries<br>Lunch: Chicken Pot Pie, Biscuits, Peaches<br>Snack: Cheese Sticks, Chex Mix                                       | 26<br>Breakfast: Bagel, Strawberries<br>Lunch: Baked Chicken Fries, Mixed Veggies, Mandarin Oranges<br>Snack: Carrot Sticks, Ranch, Pretzels    |
| 29<br>Breakfast: Hash Brown Patty, Turkey Sausage, Peaches<br>Lunch: Wholegrain Chicken Nuggets, Baked French Fries, Mandarin Oranges<br>Snack: Yogurt, Blueberries     | 30<br>Breakfast: Pancakes, Strawberries<br>Lunch: Pasta Salad with Chicken, Black Eyed Peas, Pears<br>Snack: Animal Crackers, Cheese Sticks                   | 31<br>Breakfast: Cinnamon Raisin Toast, Apricots<br>Lunch: Chicken with Wild Rice, Green Beans, Peaches<br>Snack: Pretzels, Bananas |   |   |



ARDENT  
PRESCHOOL & DAYCARE