

T.L.A JULY Menu 2022 (MENU SUBJECT TO CHANGE)

“Whole Grain Bread is served with Lunch Meals”

1 Year olds get Whole Milk & 2 and older get 1% Milk

	Monday	Tuesday	Wednesday	Thursday	Friday
					1
B					Bagel(WG)Cream Cheese,Bananas, milk1%
L					Turkey on Wheat(WG) Carrots,Pineapple Milk1%
S					Pretzel(WG)apples Water
	4	5	6	7	8
B		French Toast,(WG) Pears,yogurt, Milk1%	Cheerios,(WG) Bananas, Cheese Stick, Milk1%	Bagel,(WG) Pears,Cream Cheese, Milk1%	Kix Cereal, (WG)Bananas Milk,1% Raisins
L	CLOSED	Chicken & Rice,(WG) Green Beans, Oranges, Milk1%	Turkey Meatball, Broccoli, Crackers (WG), Peaches,Milk1%	Ground Beef & Pasta(WG),Corn, Pears, Milk1%	Grilled Cheese(WG), Hash Brown, Mango Milk1%
S		*Cheez-its(WG) Apples, Water	Animal Crackers(WG) Blueberries, Water	Pretzel (WG),Cheese Water	Graham Crackers (WG),Raspberries, Water
	11	12	13	14	15
B	Bagel(WG) & Cream Cheese, Pears,Milk1%	Kix(WG), Bananas, Milk1%	Bagel (WG), Cream Cheese, Milk 1%,Pears	Cheerios(WG), Raisins, Bananas, Milk1%	French Toast(WG), Pears,Yogurt, Milk1%
L	Ground Beef Spaghetti,(WG) Carrots Pineapple, Milk1%	Chicken Nugget,(WG) Celery*Bread, Pineapple,Milk1%	Mac & Cheese(WG), GreenBeans,Pineapple Milk1%	Turkey, Wheat bread (WG), Hash Brown, Oranges, Milk1%	Chicken & Waffles (WG)Hash Brown, Apples, Milk 1%
S	GoldFish(WG) Mixed Fruit, Water	Cheese & Crackers (WG), Water	Sunchip(WG) & Cheese Stick, Water	Goldfish(WG),Apples Water	Sunchips,(WG),Water Mixed Fruit
	18	19	20	21	22
B	Cheerios(WG),String Cheese, Bananas Milk 1%	Bagel(WG), Cream Cheese, Pears, Milk1%	Chex,(WG) Raisins, Pineapple,Milk1%	Kix,(WG) Pears, Raisins Milk 1%	Cheerios(WG) Bananas, Cheese Stick, Milk 1%
L	Chicken Salad, Crackers (WG), Carrots,Mangos,Milk1	Grilled Cheese(WG) Hash Brown, Pears Milk1%	Chicken Nuggets,(WG) Broccoli,Peaches, Bread(WG), Milk1%	Spaghetti w ground beef,Corn,Oranges Milk1%	Turkey on Wheat (WG)Carrots,Milk1% Pineapple
S	Cheez-it (WG) Oranges, Water	Animal Crackers(WG) Oranges, Water	Ritz(WG) & Cheese Water	Cheez-it (WG) Blueberries, Water	Doughnuts,(WG) Raspberries Water
	25	26	27	28	29
B	waffles(WG)Mixed fruit cheese stick,Milk1%	Kix(WG), Bananas Raisins, Milk1%	French Toast(WG) pears,yogurt,Milk1%	Bagel(WG) cream cheese,Pineapple Milk1%	Kix Cereal(WG) Bananas, Raisins Milk1%
L	Mac Cheese(WG) green beansOranges Milk1%,	Chicken & Rice(WG) Peas, Pineapple, Milk 1%	Chicken Nuggets(WG) Tater Tots,Apples, Milk1%,Bread	Grilled Cheese(WG) Carrots,Oranges Milk1%	Turkey,Crackers(WG) Hash Brown, Apples Milk1%
S	Pretzel(WG) Cheese,Water	Cheese & Crackers(WG) Water	Animal Crackers(WG) Blueberry, Water	Cheez-it(WG) Raspberries,Water	Doughnut(WG) Mixed Fruit, Water

