

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

July



promiseland
Child Development Center

**CLOSED
INDEPENDENCE DAY**

5

Breakfast:

Mini Muffins, Yogurt

Lunch: Sloppy Joes, Mashed Potatoes, Mandarin Oranges

PM Snack:

Goldfish

6

Breakfast:

Cereal, Applesauce

Lunch: Taco Salad, Peaches

PM Snack:

Pretzels

7

Breakfast:

French Toast, Blueberries

Lunch: Quesadillas, Carrots, Pears

PM Snack:

Goldfish

8

Breakfast:

Cereal, Bananas

Lunch: Chicken Nuggets, Mixed Vegetables, Mixed Fruit

PM Snack:

Pretzels

9

Breakfast:
Cereal, Oranges

Lunch: Pasta with Meat Sauce, Dinner Roll, Peaches

PM Snack:

Goldfish

12

Breakfast:

Mini Muffins, Yogurt

Lunch: Beans and Franks, Dinner Rolls, Pears

PM Snack:

Graham Crackers

13

Breakfast:

Cereal, Applesauce

Lunch: Grilled Cheese, Tomato Soup, Mandarin Oranges

PM Snack:

Chex Mix

14

Breakfast: Ham and Cheese Scrambler, Apples

Lunch: Tacos, Corn, Apricots

PM Snack:

Ritz Crackers

15

Breakfast:

Cereal, Bananas

Lunch: Pizza, Mixed Vegetables, Mixed Fruit

PM Snack:

Graham Crackers

16

Breakfast:
Cereal, Oranges

Lunch: Mac & Cheese, Green Beans, Peaches

PM Snack:

Chex Mix

19

Breakfast: Mini Muffins, Yogurt

Lunch:

BBQ Chicken Sliders, Corn, Mandarin Oranges

PM Snack:

Goldfish

20

Breakfast:

Cereal, Applesauce

Lunch: Turkey Sandwiches, Fresh Bell Peppers, Chips, Pears

PM Snack:

Pretzels

21

Breakfast: French Toast, Blueberries

Lunch: Spaghetti and Meatballs, Dinner Roll, Apricots

PM Snack:

Goldfish

22

Breakfast:

Cereal, Bananas

Lunch: Chicken Nuggets, Mixed Vegetables, Mixed Fruit

PM Snack:

Pretzels

23

Breakfast:
Cereal, Oranges

Lunch: Pasta with Meat Sauce, Dinner Roll, Peaches

PM Snack:

Goldfish

26

Breakfast: Mini Muffins, Yogurt

Lunch:

Frito Pie, Fresh Oranges

PM Snack:

Graham Crackers

27

Breakfast:

Cereal, Applesauce

Lunch: Quesadillas, Corn, Pears

PM Snack:

Chex Mix

28

Breakfast: Ham and Cheese Scrambler, Apples

Lunch: Taco Salad, Cantaloupe

PM Snack:

Ritz Crackers

29

Breakfast:

Cereal, Bananas

Lunch: Pizza, Mixed Vegetables, Mixed Fruit

PM Snack:

Graham Crackers

30

Breakfast and lunch are served with milk. Snacks are served with 100% fruit juice or water. **Menu items are subject to change.**