



JULY MENU



Grace Episcopal School shops weekly for the freshest fruits from our local community grocery vendors. Our healthy meal & snack choices are prepared on site, every day. In the event your child has dietary restrictions, feel free to pack flavorful food from home or we may be able to provide options.

WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 7/4 th - 7/8th	AM Snack			Waffles, Ham, Applesauce, and Whole Milk	Blueberry Muffin, Lil Beef Smokies, and Whole Milk	Sausage Kaloche, Diced Pears, and Whole Milk
	Lunch			Chicken Tenders, Macaroni & Cheese, Green Peas and Whole Milk	Grilled Chicken, Rice, Mixed Vegetables, and Whole Milk	Hot Dogs, Diced Pineapples, Veggie Chips, and Whole Milk
	PM Snack			Goldfish and Water	Watermelon Slices and Water	Ritz Bitz Crackers and Water
Week 2 7/11th - 7/15th	AM Snack	Multigrain Cheerios, Mandarin Oranges, and Whole Milk	Scramble Eggs, Bacon Mixed Fruit, and Whole Milk	Pancakes, Sausage Patty, and Whole Milk	Strawberry Poptart, Yogurt, and Whole Milk	Mini Crossiants w/ Jelly, Diced Pears, and Whole Milk
	Lunch	Meatballs w/Gravy, Rice Green Beans, and Whole Milk	Chicken Nuggets, Mashed Potatoes, Diced Carrots and Whole Milk	Beef Ravioli, Mixed Vegetables Diced Pears, and Whole Milk	Grilled Chicken, Rice, Whole Corn, and Whole Milk	Spaghetti w/Meat Sauce, Diced Pineapples, and Whole Milk
	PM Snack	Fresh Bananas and Water	Mixed Fruit Cups and Water	Rice Krispy Treats and Water	Fresh Orange Slices and Water	Frozen Fruit Bars and Water
Week 3 7/18th - 7/22nd	AM Snack	Sausage Biscuit, Applesauce, and Whole Milk	Blueberry Muffins, Yogurt and Whole Milk	Pancakes, Bacon and Whole Milk	Cheese Toast, Lil'Smokies, and Whole Milk	Bagel w/Cream Cheese, Mandarin Oranges and Whole Milk
	Lunch	Steak fingers, Macaroni & Cheese Mixed Vegetables, and Whole Milk	Chicken Tenders, Mashed Potatoes, Green Peas, and Whole Milk	Red Beans w/Beef Sausage, Rice Cornbread and Whole Milk	Trio Noodles w/ Beef Meat Sauce, Green Beans, Bread, and Whole Milk	Cheese Burgers, Potato Wedges, Mixed Fruit, and Whole Milk
	PM Snack	Animal Crackers and Water	Sliced Cataloupe and Water	Chex Mix and Water	Watermelon Slices and Water	Jello Cups and Water
Week 4 7/25th - 7/29th	AM Snack	Mini Crossiant, Sliced Turkey Ham, and Whole Milk	Fruit Loop Cereal, Yogurt, and Whole Milk	French Toast, Bananas and Whole Milk	Oatmeal w/Raisins, Sausage Patty. and Whole Milk	Nutigrain Bar, Applesauce Diced Pears and Whole Milk
	Lunch	Beef Chili Macaroni, Green Peas, and Whole Milk	Chicken Nuggets, Mashed Potatoes, Diced Carrots, and Whole Milk	Beef Picadillos, Rice, Whole Corn, and Whole Milk	Grilled Chicken, Green Salad Pineapple Chunks, and Whole Milk	Steakfinger, Green Beans, Mixed Fruit and Whole Milk
	PM Snack	Ritz Crackers, String Cheese, and Water	Apple Slices and Water	Cheez-It Crackers and Water	Chex Mix and Water	Ice Cream Sandwich Water



NOTE: All changes will be noted on the menu and kept on file in the center. Notes will include date and nature of substitution. Substitutions for dietary restrictions are noted on daily sheet.