



PRE-SCHOOL SNACK

JULY 2018

July 23 thru July 27 (carbs)

Yogurt & Graham Sticks (41g)	Strawberry Nutri-Grain Bar (29g) 100% Juice (21g)	Apple Slices and Cheese Stick (15g)
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July 30 thru August 3

Dave's Muffin (20g) Fruit Cup (16g)	Assorted Cereal (21g) 1% White Milk (11)	Bug Bite Grahams (21g) 100% Juice (21g)
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This institution is an equal opportunity employer and provider. Substitutions may be made based on availability – Menu subject to change





MENU K - 5 JULY 2018

Week of July 23 through July 27 (carbs)

Fruit & Fruitable Juice (14) French Toast Stix (42) w/Syrup (31) OR Choice of Cereal (25) Giant Goldfish Cracker(19g) 1% White or Fat Free Milk (11g)	Fruit & Juice (14) TriTaters (31) w/ (Turkey) Sausage Links (2) OR Choice of Cereal (25) Mozzarella Cheese Stick (1) 1% White or Fat Free Milk (11)	Fruitable Plus Juice (14) Yogurt w/Strawberry Cup (34/13) Graham Sticks (21) OR Choice of Cereal (25) Graham Sticks (21) 1% White or Fat Free Milk (11)	Fruit & Juice (14) Breakfast Pizza (26) OR Choice of Cereal (25) Mozzarella Cheese Stick (1) 1% White or Fat Free Milk (11)	Fruit & Juice (14) Muffin Top (26) OR Choice of Cereal (25) Animal Crackers (21) Milk Choice-Optional:Veggie Stix
Flamebroiled Hamburger (1/26) Lettuce/Tomato/Pickle Baked Fries (14) Salad Bar Fresh Fruit/Applesauce (16)	Mini Corn Dogs (18) Ranch Beans (22) Salad Bar Orange Wedges (11) Sliced Peaches (12)	Big Daddy Cheese or Pepperoni Pizza (36) 4Way Veggies (11) Fresh Fruit & Salad Bar WG Chocolate Chip Cookie (27)	Mini Ravioli w/Fresh Baked Garlic Breadstick (1cup/30/17) Peas & Carrots (9) Fresh Fruit & Salad Bar Watermelon Wedge (22) Pears (14)	Chicken Nuggets (10) Dinner Roll (26) BBQ or Ranch Dip (9/1) Baked Sweet Potato Tots (14) Fresh Fruit & Salad Bar

July 30 and July 31

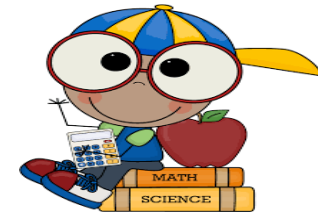
Pancake & Sausage on a Stick (17) (2) Cheese Filled Pizza Sticks (30) w/Dipping Sauce (7) Baked Potato Smiles (20) Salad Bar SIDEKICK (22) Fruit Cocktail (14)	Scrambled Egg, Hashbrown w/Tortilla (1/15/26) Sloppy Joe on Bun (13/29) Baked Beans (33) Salad Bar Fresh Strawberries (5) Sliced Peaches (12)
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JULY 6 - 8 MENU



Week of July 23 through July 27 (carbs)

Fruit & Fruitable Juice (14) French Toast Stix (42) w/ Syrup (31) OR Choice of Cereal (25) Giant Goldfish Cracker (19g) 1% White or Fat Free Milk (11)	Fruit & Juice (14) TriTaters (31) w/ (Turkey) Sausage Links (2) OR Choice of Cereal (25) Mozzarella Cheese Stick (1) 1% White or Fat Free Milk (11)	Fruitable Plus Juice (14) Yogurt w/Strawberry Cup (34/13) Graham Sticks (21) OR Choice of Cereal (25) Graham Sticks (21) 1% White or Fat Free Milk (11)	Fruit & Juice Breakfast Pizza (26) OR Choice of Cereal (25) Mozzarella Cheese Stick (1) 1% White or Fat Free Milk (11)	Fruit & Juice (14) Muffin Top (26) OR Choice of Cereal (25) Animal Crackers (21) Milk Choice-Optional: Veggie Stix
Assorted Primo Pizza (36g) Flamebroiled Hamburger (1/26g) w/Lettuce/Tomato/Pickle Baked Fries (14g) Fresh Fruit & Salad Bar	Spicy Chicken Sandwich (17/26g) Mini Corn Dogs (18g) Ranch Beans (22g) Fresh Fruit & Salad Bar	Assorted Primo Pizza (36g) Chicken Tenders(16) w/ BBQ or Ranch Dip (9/1g) Roll(26g) Peas & Carrots (9g) Fresh Fruit & Salad Bar	Super Nachos (44g) (Turkey) Taco Meat, Refried Beans, Cheese, Tortilla Chips) Bean & Cheese Burrito (39.14g) Sweet Corn (17g) Fresh Fruit & Salad Bar	Assorted Primo Pizza (36g) Hot Wings (1g) Roll (26g) Cole Slaw (7.04g) Baked Beans (33g) Fresh Fruit & Salad Bar SIDEKICK (22)g

July 30 and July 31

Pancake & Sausage on a Stick (17) Assorted Primo Pizza (36g) Spaghetti w/ Meatballs (58.59g) Texas Toast (15g) Green Beans (6g) Fresh Fruit & Salad Bar	Scrambled Egg, Hashbrown w/Tortilla (1/15/26) Hot Dog on Bun (2/27g) (2) Cheesy Breadstix (30g) w/Dipping Sauce (7g) Baked Potato Smiles (20g) Fresh Fruit & Salad Bar
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JULY MENU 9-12



July 23 through July 27 (carbs)

<p>Fruit & Fruitable Juice (22g) French Toast Stix (42g) w/Syrup (31g) OR Choice of Cereal (25g) Giant Goldfishh Cracker (19g) 1% White or Fat Free Milk (11g)</p>	<p>Fruit & Juice (14g) TriTaters (31g) w/ (Turkey)Sausage Links (2) OR Choice of Cereal (25g) Mozzarella Cheese Stick (1g) 1% White or Fat Free Milk (11g)</p>	<p>Fruitable Plus Juice (22g) Yogurt w/Strawberry Cup (34/13g) Graham Sticks (21g) OR Choice of Cereal (25g) Graham Sticks (21g) 1% White or Fat Free Milk (11g)</p>	<p>Fruit & Juice (14g) Breakfast Pizza (26) OR Choice of Cereal (25g) Mozzarella Cheese Stick (1g) 1% White or Fat Free Milk (11g)</p>	<p>Fruit & Juice (14g) Muffin Top (26g) OR Choice of Cereal (25g) Animal Crackers (21g) Milk Choice-Optional:Veggie Stix</p>
<p>RAM CART: Cheeseburger (1/1/26g) Fries (14g) Fruit COPA CAFÉ: Chicken Strips (16) w/BBQ or Ranch Dip (9/1g) Roll (26g) Fries (14g) Fruit STATION 1: Assorted Primo Pizza (36g) STATION 2 & 3: Super Nacho Bar (44g) (Turkey) Taco Meat, Refried Beans, Cheese Tortilla Chips) Corn & Black Bean Salad (17/23g) STATION 4: Fresh Fruit & Salad Bar</p>	<p>RAM CART: Buffalo Popcorn Chicken w/Ranch Dip (16/1) Corn on the Cob (18g) Fruit COPA CAFÉ: Spicy Chicken (17/26g) Corn on the Cob (18g)&Fruit STATION 1: Assorted Primo Pizza (36g) STATION 2: Flamebroiled Hamburger (1/26g) STATION 3: Spicy Chicken Strips (16g) w/Roll (26g) Baked Sidewinder Fries (23g) STATION 4: Fresh Fruit & Salad Bar</p>	<p>RAM CART: Cheesy Breadstix (30g) w/Dipping Sauce (7g) Baked Tots (19g) Fruit COPA CAFÉ: Jalapeno Burger (1/26g) Baked Tots (19g) Fruit STATION 1: Assorted Primo Pizza (36g) STATION 2: Hot Ham & Cheese on Croissant (1/2/30g) STATION 3: Cesar Chicken Salad (1/1g) w/Texas Toast (15g) Sweet Potato Tots (14g) STATION 4: Fresh Fruit & Salad Bar</p>	<p>RAM CART: Spicy Chicken on Bun (17/26g) Fries (14g) & Fruit COPA CAFÉ: Grande Hot Dog (2/27g) Fries (14g) & Fruit STATION 1: Asst Primo Pizza STATION 2: Homemade Bean Burrito w/or w/out Green Sauce (14/1/24/3g) STATION 3: (2) Egg Rolls (40g) Sweet & Sour Dip (12g) Rice (35.86) Sweet Corn (17g) STATION 4: Fresh Fruit & Salad Bar</p>	<p>RAM CART: Mini Corn Dogs (18g) Baked Potato Smiles (20g) Fruit COPA CAFÉ: Boneless Wings (13g) Baked Potato Smiles (20g) Fruit STATION 1: Asst Primo Pizza STATION 2: Buffalo Chicken Bites (16g) STATION 3: Salisbury Steak (4g) Mashed Potatoes (7g) Gravy (5g) Peas and Carrots (9)/Roll (26g) STATION 4: Fresh Fruit & Salad Bar</p>

Veggie Tray available to all students RAM CART & COPA CAFE

July 30 and July 31

<p>Pancake & Sausage on a Stick (17) RAM CART: Taco Bar /2 beef & cheese tacos (1/1/14g) Garnish/Sweet Corn (17g) Fruit/SIDEKICK (22g) COPA CAFÉ: Hot Ham & Cheese on Croissant (1/2/30g) Sweet Potato Tots (14g) Veggie Stix/Fruit STATION 1: Assorted Primo Pizza (36g) STATION 2: Flamebroiled Hamburger (1/26) STATION 3: Spicy Chicken Salad/Texas Toast (17/15g) Sweet Potato Fries (25g) SIDEKICK (22g) STATION 4: Fresh Fruit & Salad Bar</p>	<p>Scrambled Egg, Hashbrown w/Tortilla (1/15/26) RAM CART: Spicy Chicken on Bun (17/26) Corn on the Cob (18g) Veggie Tray/Fruit COPA CAFÉ: Bean & Cheese Burrito (39.14g) Corn on the Cob (18g) Veggie Stix & Fruit STATION 1: Asst Primo Pizza (36g) STATION 2: Sriracha Honey Chicken (24g) Asian Rice (55g) STATION 3: Baked Potato w/Toppings (37g) Broccoli (4g) w/ or w/out Cheese (6g) STATION 4: Fresh Fruit & Salad Bar</p>
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