


July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 NO SCHOOL	4 NO SCHOOL	5 Breakfast: Cereal Lunch: Pasta Marinara	6 Breakfast: Bagel Lunch: BBQ Chicken Breast w/ Egg Noodles & Butter	7 Breakfast: Sausage, Egg, & Cheese on English Muffin Lunch: Pizza	8
9	10 Breakfast: Muffin Lunch: Turkey & Cheese Pinwheels	11 Breakfast: Waffles Lunch: Beef Nachos w/ Cheese, Lettuce & Tomato	12 Breakfast: Cereal Lunch: Pasta Bolognese	13 Breakfast: Bagel Lunch: Seasoned Shredded Chicken w/ Yellow Rice	14 Breakfast: Bacon, Eggs, and Hashbrowns Lunch: Pizza	15
16	17 Breakfast: Muffin Lunch: Hot Dogs & Fries	18 Breakfast: French Toast Lunch: Cheese Steak w/ Pepper & Onions	19 Breakfast: Cereal Lunch: Stuffed Shells	20 Breakfast: Bagel Lunch: Chicken Quesadillas	21 Breakfast: Sausage & Eggs Lunch: Pizza	22
23	24 Breakfast: Muffin Lunch: Chicken & Cheese Sandwich w/ lettuce & tomato	25 Breakfast: Puff Pastry (Strawberry Cream Cheese) Lunch: Beef Tacos	26 Breakfast: Cereal Lunch: Pasta & Pink Sauce	27 Breakfast: Bagel Lunch: Chicken & Broccoli w/ Rice	28 Breakfast: Breakfast Quesadilla Lunch: Pizza	29
30	31 Breakfast: Muffin Lunch: Chicken & Waffles		All meals include juice, milk, & or water, fruit & vegetable	Alternatives include hot dogs, pasta, grilled cheese, & chicken tenders		