

July 6th – July 23rd Menu

ESASD Steam-R Program

Meals provided by: East Stroudsburg Area SD Food Services



Monday	Tuesday	Wednesday	Thursday
7/6 <u>BREAKFAST:</u> WG Muffin & Goldfish w/ Juice & Milk <u>LUNCH:</u> Pizza Kit or Yogurt w/ Cheese Assorted Fruit or Fruit Juice Assorted Vegetables White Milk	7/7 <u>BREAKFAST:</u> Pop Tart w/ Juice & Milk <u>LUNCH:</u> Smoked Turkey & Cheddar Wrap or Yogurt w/ Cheese Stick Assorted Fruit or Fruit Juice Assorted Vegetables White Milk	7/8 <u>BREAKFAST:</u> Bagel w/ Juice & Milk <u>LUNCH:</u> Ham & American Cheese Sandwich or Yogurt w/ Cheese Stick Assorted Fruit or Fruit Juice Assorted Vegetables White Milk	7/9 <u>BREAKFAST:</u> Cereal Bowl & Crackers w/ Juice & Milk <u>LUNCH:</u> Chicken Salad Wrap w/ lettuce or Yogurt w/ Cheese Stick Assorted Fruit or Fruit Juice Assorted Vegetables White Milk
7/13 <u>BREAKFAST:</u> Chocolate Chip Oatmeal Bar w/ Juice & Milk <u>LUNCH:</u> Pizza Kit or Yogurt w/ Cheese Stick Assorted Fruit or Fruit Juice Assorted Vegetables White Milk	7/14 <u>BREAKFAST:</u> Cinnamon Bun w/ Juice & Milk <u>LUNCH:</u> Grilled Chicken Wrap w/ Lettuce & Italian Dressing or Yogurt w/ Cheese Stick Assorted Fruit or Fruit Juice Assorted Vegetables White Milk	7/15 <u>BREAKFAST:</u> Blueberry Muffin & Crackers w/ Juice & Milk <u>LUNCH:</u> Chicken Bacon Ranch Wrap or or Yogurt w/ Cheese Stick Assorted Fruit or Fruit Juice Assorted Vegetables White Milk	7/16 <u>BREAKFAST:</u> Bagel w/ Juice & Milk <u>LUNCH:</u> Italian Sub or Yogurt w/ Cheese Stick Assorted Fruit or Fruit Juice Assorted Vegetables White Milk
7/20 <u>BREAKFAST:</u> Fruit Loop Waffle w/ Juice & Milk <u>LUNCH:</u> Turkey & Cheese Sandwich or Yogurt w/ Cheese Stick Sweet Peas Assorted Fruit or Fruit Juice Assorted Vegetables White Milk	7/21 <u>BREAKFAST:</u> Cereal Bar w/ Juice & Milk <u>LUNCH:</u> BBQ Chicken Cheddar Wrap or Yogurt w/ Cheese Stick Carrots Assorted Fruit or Fruit Juice Assorted Vegetables White Milk	7/22 <u>BREAKFAST:</u> WG Pop Tart w/ Juice & Milk <u>LUNCH:</u> Ham and Cheese on a Roll or Yogurt w/ Cheese Stick Assorted Fruit or Fruit Juice Assorted Vegetables White Milk	7/23 <u>BREAKFAST:</u> WG Chocolate Muffin & Crackers w/ Juice & Milk <u>LUNCH:</u> Fiesta Chicken Salad Wrap or Yogurt w/ Cheese Sticks Assorted Fruit or Fruit Juice Assorted Vegetables White Milk

Menu Subject to Change

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6/25/2026