



2026

JULY

ATLAS - BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



 Non-Dairy
 Vegetarian

Milk is provided with all meals
1% White or 1% Chocolate



6

7

8

9

10

13

14

15

16

17

Cereal
Fresh Apples

Muffin of the Day
100% Fruit Juice

Bagel with Cream Cheese
Fresh Oranges

Cereal
Fresh Strawberries

Muffin of the Day
100% Fruit Juice

20

21

22

23

24

Cereal
Fresh Apples

Muffin of the Day
100% Fruit Juice

Pop Tart
Fresh Oranges

Cereal
Fresh Melons

Muffin of the Day
100% Fruit Juice

27

28

29

30

31

Cereal
Fresh Apples

Muffin of the Day
100% Fruit Juice

Nutri Grain Bar
Fresh Oranges

Cereal
Fresh Strawberries

Banana Bread
100% Fruit Juice