

**John Kenney Child Care Center - Lunch**

July

Child's Name: \_\_\_\_\_

Allergies: \_\_\_\_\_

Classroom: \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday		Friday										
3	Chicken Nuggets-4 Corn-1/2 c. Rice -1/2 c. Applesauce Cup-1/2 c. Milk-6 oz.	Veggie Nuggets-3 oz. Corn-1/2 c. Rice - 1/2 c. Applesauce Cup-1/2 c. Milk-6 oz.	4 <b>Independence Day CENTER CLOSED</b>		5	Salisbury Steak w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	6	Bean and Cheese Burrito-5 oz. Roasted Potato Medley-1/2 c. Fresh Apple-1 Milk-6 oz.	7	Turkey Meatball Sub on Whole Grain Roll-1 Diced Carrots-1/2 c. Fresh Banana-1 Milk-6 oz.	8	Veggie Meatball Sub on Whole Grain Roll-1 Diced Carrots-1/2 c. Fresh Banana-1 Milk-6 oz.	9	3x5 Pizza Square-1 Romaine Salad w/ Dressing Fresh Nectarine-1. Cheese Stick-1 Milk-6 oz.	10	Pasta w/ sauce Romaine Salad w/ Dressing Fresh Nectarine-1. Cheese Stick-1 Milk-6 oz.		
10	All Beef Hamburger on a Wheat Bun-1 Corn-1/2 c. Pineapple Cup-1/2 c. Milk-6 oz.	Veggie Burger on a Wheat Bun-1 Corn-1/2 c. Pineapple Cup-1/2 c. Milk-6 oz.	11	Teriyaki Chicken Bites-4 Mixed Vegetables-1/2 c. Rice - 1/2 c. Fresh Apple-1 Milk-6 oz.	12	Baked Ziti-5 oz. Green Beans-1/2 c. Italian Bread Fresh Banana-1 Milk-6 oz.	13	Macaroni and Cheese-5 oz. Green Beans-1/2 c. Italian Bread Fresh Banana-1 Milk-6 oz.	14	Turkey on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mandarin Orange Cup-1/2 c. Milk-6 oz.	15	American Cheese on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mandarin Orange Cup-1/2 c. Milk-6 oz.	16	3x5 Pizza Square-1 Romaine Salad w/ Dressing Strawberry Applesauce Cup Whole Grain Bread Milk-6 oz.	17	Pasta w/ sauce Romaine Salad w/ Dressing Strawberry Applesauce Cup Whole Grain Bread Milk-6 oz.		
17	Chicken Fingers-3 Corn-1/2 c. Rice - 1/2 c. Fresh Apple-1 Milk-6 oz.	Veggie Nuggets-3 oz. Corn-1/2 c. Rice - 1/2 c. Fresh Apple-1 Milk-6 oz.	18	Macaroni and Beef-5 oz. Green Beans-1/2 c. Fresh Orange-1 Whole Grain Bread Milk-6 oz.	19	Macaroni and Cheese-5 oz. Green Beans-1/2 c. Fresh Orange-1 Milk-6 oz.	20	Swedish Turkey Meatballs w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-6 oz.	21	Swedish Veggie Meatballs w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-6 oz.	22	Chicken Parmigiana-3 oz. Sliced Carrots-1/2 c. Fresh Banana-1 Italian Bread Milk-6 oz.	23	Veggie Chicken Parmigiana-3 oz. Sliced Carrots-1/2 c. Fresh Banana-1 Italian Bread Milk-6 oz.	24	3x5 Pizza Square-1 Romaine Salad w/ Dressing Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.	25	Pasta w/ sauce Romaine Salad w/ Dressing Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.
24	All Beef Hamburger on a Wheat Bun-1 Mixed Vegetables-1/2 c. Diced Pear Cup-1/2 c. Milk-6 oz.	Veggie Burger on a Wheat Bun-1 Mixed Vegetables-1/2 c. Diced Pear Cup-1/2 c. Milk-6 oz.	25	Medium Square Cheese Ravioli w/ Meat Sauce-5 oz. Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	26	Medium Square Cheese Ravioli w/ Sauce-5 oz. Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	27	Chicken Fryz-3 Corn-1/2 c. Rice - 1/2 c. Fresh Banana-1 Milk-6 oz.	28	Veggie Nuggets-3 oz. Corn-1/2 c. Rice - 1/2 c. Fresh Banana-1 Milk-6 oz.	29	Turkey on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Plum-1 Milk-6 oz.	30	American Cheese on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Plum-1 Milk-6 oz.	31	3x5 Pizza Square-1 Romaine Salad w/ Dressing Peach Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.	32	Pasta w/ sauce Romaine Salad w/ Dressing Peach Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.
31	Popcorn Chicken-5 oz. Corn-1/2 c. Rice - 1/2 c. Diced Peach Cup-1/2 c. Milk-6 oz.	Veggie Nuggets-3 oz. Corn-1/2 c. Rice - 1/2 c. Diced Peach Cup-1/2 c. Milk-6 oz.												32	Alternate Options:  Pasta w/ sauce* Pasta w/ butter* Grilled Cheese* PB&J  *Not available on cold sandwich days			