


Sweet Beginnings Early Learning Center

July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BREAKFAST: Toast w/jelly applesauce, milk LUNCH: Mac & cheese w/beef, green beans, mixed fruit, milk SNACK: String cheese & crackers
4 	5 BREAKFAST: Waffles, blueberries, milk LUNCH: Italian chicke n, pasta salad, cucumb ers, watermelon, milk SNACK: Goldfish & milk	6 BREAKFAST: English muffins w/jell y, applesauce, milk LUNCH: Grilled ham & cheese sandwich, green beans, cantaloupe, milk SNACK: Yogurt & graham crackers	7 BREAKFAST: Biscuits & gravy, pears , milk LUNCH: Avocado egg salad, crescent roll, carrots, pineapple, milk SNACK: Chex-mix & milk	8 BREAKFAST: Cinnam on roll, oranges, milk LUNCH: Garlic chicken pizza, peas, mixed fruit, milk SNACK: Cheese & crackers
11 BREAKFAST: Bran flakes, banana, milk LUNCH: Chicken enchila das w/white sauce, broccoli, mixed fruit, milk SNACK: Pita chips & guacamole	12 BREAKFAST: Pancakes, pineapple, milk LUNCH: Ham, red potato salad, breadstick, oranges, milk SNACK: Cheese sandwich & milk	13 BREAKFAST: Bagels w/cream cheese, apples, milk LUNCH: Lemon pepper fish, roll, peas, watermelon, milk SNACK: Cottage cheese & carrots	14 BREAKFAST: French toast blueberries, milk LUNCH: Beef Stromboli, mixed veggies, grapes, milk SNACK: Red, white, blue Rice Krispies treat & milk	15 BREAKFAST: Cinnamon toast, pears, milk LUNCH: Turkey sub s andwich, cucumbers, applesauce, milk SNACK: String cheese & crackers
18 BREAKFAST: Cheerios, banana, milk LUNCH: Quesadillas w/beef corn, grapes, milk SNACK: Graham crackers & yogurt	19 BREAKFAST: Waffles, pineapple, mil k LUNCH: Mexican Macaroni sala d w/black beans, broc coli, pears, milk SNACK: Animal crackers & milk	20 BREAKFAST: English muffin, applesauce, milk LUNCH: Turkey & cheese pinwheels, carrots, cantaloupe, milk SNACK: Goldfish & grapes	21 BREAKFAST: Oatmeal, blueberries, milk LUNCH: Tuna casserole w/peas, watermelon, milk SNACK: Muffins & milk	22 BREAKFAST: Cinnamon roll, kiwi, milk LUNCH: Cheeseburger w/bun, mashed potatoes, mixed fruit, milk SNACK: Cheese & crackers
25 BREAKFAST: Corn flakes, banana, milk LUNCH: Chicken alfredo roll-up, green beans, watermelon, milk SNACK: Cucumbers & cottage cheese	26 BREAKFAST: Biscuits & gravy, blueberries, milk LUNCH: BBQ Ranch pasta salad w/beef, peas, oranges, milk SNACK: Cheese sandw ich & milk	27 BREAKFAST: Bagels w/cream chees ecantaloupe, milk LUNCH: Bean & cheese burrito, corn, grapes, milk SNACK: Pita chips & guacamole	28 BREAKFAST: Pancakes, pears, milk LUNCH: Spaghetti squash lasagna w/beef breadstick, apples, milk SNACK: Chex-mix & milk	29 BREAKFAST: Sausag e gravy breakfast pizza, pineapple, milk LUNCH: Ham&cheese sliders, broccoli, mixed fruit, milk SNACK: String cheese & crackers

