

# Menu – June thru August

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
21 <u>Breakfast:</u> Corn flakes, milk Apple juice <u>Lunch:</u> Breaded fish Potato wedges Corn, fruit Milk <u>Snack:</u> Animal crackers Apple sauce	22 <u>Breakfast:</u> Pretzels & chumus Milk <u>Lunch:</u> Sliced turkey breast Whole wheat pita Sliced cucumbers & tomatoes Fruit, apple juice <u>Snack:</u> Vanilla wafers Apple juice	23 <u>Breakfast:</u> Graham crackers Apples Milk <u>Lunch:</u> Baked Ziti Corn Fruit <u>Snack:</u> Cottage cheese crackers	24 <u>Breakfast:</u> crackers & cream cheese Banana Milk <u>Lunch:</u> Meatballs & rice Peas, Fruit Apple juice <u>Snack:</u> Crackers Apple juice	25 <u>Breakfast:</u> Crackers Orange wedges Milk <u>Lunch:</u> Pizza w extra cheese Tossed salad Fruit cocktail Milk <u>Snack:</u> Biscuits Apple juice
28 <u>Breakfast:</u> Corn flakes, milk Apple juice <u>Lunch:</u> Breaded fish Potato wedges Corn, fruit Milk <u>Snack:</u> Animal crackers Apple sauce	29 <u>Breakfast:</u> Crackers, cream cheese Milk, apple juice <u>Lunch:</u> Bread Sliced cheese Potato bourekas Sliced veggies Milk <u>Snack:</u> Wafers & apple juice	30 <u>Breakfast:</u> Rice cakes Sliced apples Milk <u>Lunch:</u> Macaroni and cheese Broccoli fruit <u>Snack:</u> Cottage cheese crackers	JULY 1 <u>Breakfast:</u> Biscuits Orange wedges Milk <u>Lunch:</u> Chicken Bowtie noodles Green beans Fresh fruit apple juice <u>Snack:</u> Crackers Apple juice	2 <u>Breakfast:</u> Crackers Banana Milk <u>Lunch:</u> Pizza w extra cheese Tossed salad Fruit cocktail Milk <u>Snack:</u> Biscuits Apple juice
5 <u>Breakfast:</u> Corn flakes, milk Apple juice <u>Lunch:</u> Breaded fish Potato wedges Corn, fruit Milk <u>Snack:</u> Animal crackers Apple sauce	6 <u>Breakfast:</u> Pretzels & chumus Milk <u>Lunch:</u> Sliced turkey breast Whole wheat pita Sliced cucumbers & tomatoes Fruit, apple juice <u>Snack:</u> Vanilla wafers Apple juice	7 <u>Breakfast:</u> Graham crackers Apples Milk <u>Lunch:</u> Baked Ziti Corn Fruit <u>Snack:</u> Cottage cheese crackers	8 <u>Breakfast:</u> Biscuits Orange wedges Milk <u>Lunch:</u> Chicken fingers couscous veggie Fresh fruit apple juice <u>Snack:</u> Crackers Apple juice	9 <u>Breakfast:</u> Crackers Orange wedges Milk <u>Lunch:</u> Pizza w extra cheese Tossed salad Fruit cocktail Milk <u>Snack:</u> Biscuits Apple juice
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Monday	Tuesday	Wednesday	Thursday	Friday
19 <u>Breakfast:</u> Corn flakes, milk Apple juice <u>Lunch:</u> Breaded fish Potato wedges Corn, fruit Milk <u>Snack:</u> Animal crackers Apple sauce	20  NO CAMP TISHA B'AV (Fast day)	21 <u>Breakfast:</u> Graham crackers Apples Milk <u>Lunch:</u> Baked Ziti Corn Fruit <u>Snack:</u> Cottage cheese crackers	22 <u>Breakfast:</u> crackers & cream cheese Banana Milk <u>Lunch:</u> Meatballs & rice Peas, Fruit Apple juice <u>Snack:</u> Crackers Apple juice	23 <u>Breakfast:</u> Crackers Orange wedges Milk <u>Lunch:</u> Pizza w extra cheese Tossed salad Fruit cocktail Milk <u>Snack:</u> Biscuits Apple juice
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<u>Milk:</u> 1-2 year olds- ½ cup 3-5 year olds – ¾ cup	<u>Meal Times:</u> Breakfast: 9:00 am Lunch: 12:00 pm Snack: 3:00 pm
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