

July 2026 Menu
Breakfast, Lunch & Snack Menu



		1 Breakfast: Cereal, Fruit, Milk Lunch: Sweet and Sour Chicken, Brown Rice, Broccoli, Fruit, Milk Snack: Go Gurt, WG Cheez-its	2 EHS CLOSED	3 EHS CLOSED
6 EHS CLOSED	7 Breakfast: Cereal, Fruit, Milk Lunch: Turkey, WG Bread, Corn, Fruit, Milk Snack: WG Goldfish, Milk	8 Breakfast: French Toast Sticks, Fruit, Milk Lunch: Meatballs/Gravy, WG Noodles, Green Beans, Fruit, Milk Snack: WG Rice Cakes, Applesauce	9 Breakfast: Cereal, Fruit, Milk Lunch: Chicken Patty, WG Bun, Carrots, Fruit, Milk Snack: Crackers, Cheese	10 Breakfast: Yogurt, Fruit, Milk Lunch: Fish Nuggets, Hash Brown Patty, Peas, WG Bread, Milk Snack: Juice, Roll up
13 Breakfast: Cereal, Fruit, Milk Lunch: Ham, WG Bread, Carrots, Fruit, Milk Snack: WG Cheez-its, Fruit	14 Breakfast: WG Muffin, Fruit, Milk Lunch: Popcorn Chicken, WG Bread, Green Beans, Milk Snack: Crackers, Cheese	15 Breakfast: Cereal, Fruit, Milk Lunch: Taco Meat, Tortilla Chips, Cucumbers, Fruit, Milk Snack: Graham Crackers, Milk	16 Breakfast: WG Waffle, Fruit, Milk Lunch: Chicken, WG Pasta, Broccoli, Fruit, Milk Snack: Chex Mix, Fruit	17 Breakfast: Cereal, Fruit, Milk Lunch: Hamburger Patty, WG Pasta Salad with Vegetables, Fruit, Milk Snack: Rice Cake, Juice
20 Breakfast: Cereal, Fruit, Milk Lunch: Turkey, WG Bread, Peas, Fruit, Milk Snack: Animal Crackers/Applesauce	21 Breakfast: WG Pancake, Fruit, Milk Lunch: Meatballs/Sauce, WG Pasta, Green Beans, Fruit, Milk Snack: Yogurt, Fruit	22 Breakfast: Cereal, Fruit, Milk Lunch: Sloppy Joe WG Bun, Mixed Vegetables, Fruit, Milk Snack: Tortilla Chips, Bean Dip	23 Breakfast: Yogurt, Fruit, Milk Lunch: Popcorn Chicken, Potatoes, WG Bread, Fruit, Milk Snack: Crackers, Milk	24 EHS CLOSED
27 Breakfast: Cereal, Fruit, Milk Lunch: Ham, WG Bread, Beans, Fruit, Milk Snack: Crackers, Cheese	28 Breakfast: WG Waffle, Fruit, Milk Lunch: BBQ Chicken, Corn, WG Bread, Fruit, Milk Snack: WG Goldfish, Milk	29 Breakfast: Cereal, Fruit, Milk Lunch: Cheeseburger, WG Bun Hash Browns, Fruit, Milk Snack: Cheese Sticks, Crackers	30 Breakfast: WG Muffin, Fruit, Milk Lunch: Meatballs/Sauce, WG Pasta, Green Beans, Fruit, Milk Snack: Yogurt, Fruit	31 Breakfast: Cereal, Fruit, Milk Lunch: Grilled Cheese, WG Bread, Cucumbers, Fruit, Milk Snack: Cottage Cheese, Fruit



Lunch is served with Skim Milk or Whole Milk and Water.

All bread/grain is whole grain.

All meals are subject to change.

"Head Start/Early Head Start is an equal opportunity provider."