



# JULY MENUS

Trinity Learning Center Where Learning and Fun

**SUN MON TUES WED THUR FRI SAT**

SUN	MON	TUES	WED	THUR	FRI	SAT
<p><b>WEEK 1</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p>2</p> <p>Bran Muffin Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Slider-CN Enriched White Bun Fresh Broccoli Fresh Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Tropical Fruit Soft Wheat Pretzel Water</p>	<p>3</p> <p><b>PICNIC DAY!</b> Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>"Lil" Beef Smokies-CN Corn on Cob Sliced Peaches Macaroni Casserole Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p>4</p> <p><b>CLOSED</b></p> <p><b>HAPPY FOURTH OF JULY</b></p> 	<p>5</p> <p>Croissant/Butter Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef/Cheese Burrito-CN Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Gold Fish Crackers Water</p>	<p>6</p> <p>Frosted Mini Wheats Fresh Blue Berries Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Salad HM E-07 Green Beans Pineapple Tidbits Whole Wheat Bread Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries Wheat Waffle Stick Water</p>	<p>USDA Child nutrition programs are available to all children without regard to race, national origin, sex, age, or disability</p> <p>Water is served throughout the day as needed</p> <p>For One year olds substitutions for hard fresh fruits or veggies are as follows: cooked carrots applesauce and other soft fruits or veggies</p>
<p><b>WEEK 2</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p>9</p> <p>Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cheese Pizza-CN Whole Wheat Crust Fresh Broccoli Fresh Orange Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p>10</p> <p>Raisin Bread Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Spaghetti Casserole Whole Wheat Noodles Corn on Cob Sliced Peaches Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Gold Fish Crackers Water</p>	<p>11</p> <p>Rice Krispies Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Glazed Chicken-CN WG Brown Rice/Gravy Sweet Potato Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Cheddar Cheese Cubes Water</p>	<p>12</p> <p>Biscuit/Jam Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken/Cheese Taco-CN Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Tropical Fruit Soft Wheat Pretzel Water</p>	<p>13</p> <p>Corn Kix Cereal Fresh Strawberries Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Sausage Patty Hash Brown Potato Pine Apple Tidbits Biscuit Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Blue Berries Whole Wheat Pancake Water</p>	<p>CN – Child Nutrition HM – Home Made If Fresh Fruit is out of season Frozen can be used instead.</p> <p>Cereals contain less than 6 grams of sugar per serving.</p> <p>No Fried Foods Rais</p>
<p><b>WEEK 3</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p>16</p> <p>Bran Muffin Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Alfredo HMD54r Whole Grain Pasta Fresh Broccoli Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Tropical Fruit Soft Wheat Pretzel Water</p>	<p>17</p> <p>Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fish Star Nuggets-CN Corn on Cob Sliced Peaches Whole Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p>18</p> <p>Oat Cheerios Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>WG Beefy Brown Rice Casserole HM-D07 Sweet Potato Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Mozzarella Cheese Water</p>	<p>19</p> <p>Croissant/Butter Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chick/Cheese Burrito CN Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Gold Fish Crackers Water</p>	<p>20</p> <p>Frosted Mini Wheats Fresh Blue Berries Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Salad HM E-07 Green Beans Pineapple Tidbits Whole Wheat Bread Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries Wheat Waffle Stick Water</p>	<p>UN-FLAVORED Milk servings: 12-23 months 1/2 cup (whole) 2-5 years 3/4 cup (1%) 6-12 years 1 cup (1%)</p> <p>Grain servings: 1-2 years 1/2 ounce 3-5 years 1/2 ounce 6-12 years 1/2 ounce</p>
<p><b>WEEK 4</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p>23</p> <p>Bran Muffin Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Slider-CN Enriched White Bun Fresh Broccoli Fresh Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p>24</p> <p>Raisin Bread Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Corn Dogs-CN Corn on Cob Sliced Peaches Whole Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Gold Fish Crackers Water</p>	<p>25</p> <p>Rice Krispies Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Meatballs-CN WG Brown Rice/Gravy Sweet Potato Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Orange Slices Cheddar Cheese Cubes Water</p>	<p>26</p> <p>Biscuit/Jam Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef/Cheese Taco CN Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Tropical Fruit Soft Wheat Pretzel Water</p>	<p>27</p> <p>Corn Kix Cereal Fresh Strawberries Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Sausage Patty Hash Brown Potato Pine Apple Tidbits Biscuit Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Blue Berries Whole Wheat Pancake Water</p>	<p>Meat servings: 1-2 years 1 ounce 3-5 years 1 1/2 ounce 6-12 years 2 ounce</p> <p>Fruit/Vegetable servings 1-2 years 1/8 ounce each 3-5 years 1/4 ounce each 6-12 years 1/2 ounce each</p>
<p><b>WEEK 5</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p>30</p> <p>Bran Muffin Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Slider-CN Enriched White Bun Fresh Broccoli Fresh Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Tropical Fruit Soft Wheat Pretzel Water</p>	<p>31</p> <p>Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>"Lil" Beef Smokies-CN Corn on Cob Sliced Peaches Macaroni Casserole Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>		<p>God Bless the USA!</p> 		<p>To review Recipe ingredients search Child Care Recipes, Food for Health &amp; Fun USDA-FNS 304, 1999</p>