

# Nutrition & Wellness July 2025 Menu

## Breakfast Menu - served 7:45-8:05 a.m.

July 2025	 Meatless Monday	Taco Tuesday	 Waffle Wednesday	Tasty Thursday
July 21-24	Banana Muffin	Breakfast Burrito	Waffle & Scramble Eggs	Breakfast Pizza Bagel
July 28-31	Berry Cornmeal Muffin	 Bean & Cheese Tostada	 Go Nuts! Waffles	Pancake & Sausage on a Stick
<p><i>Assorted Cereals as an alternative to Main Entree</i>            Daily Choice of Protein: String Cheese, Yogurt or Hard Boiled Egg            Daily Choice of Fresh Fruits, Applesauce or Raisins            Daily Choice of Skim or Fat Free White Milk</p>				



## Lunch Menu - Served 11:30 am - 12:50 pm

July 2025	 Meatless Monday	Taco Tuesday	What's up Wednesday	Thankful Thursday
July 21-24	Macaroni & Cheese	 Pork Carnitas Taco	Hot Dog in a Bun	Parmesan Chicken & Pasta
July 28-31	Pancakes & Eggs	Chicken Enchilada Nachos Local Tortilla Chips	Orange Chicken Cilantro Brown Rice Egg Roll	Crispy Chicken Caesar Local Sonora Wheat Bun
Cold Choice Of The Day	Peanut Butter & Jelly	 Nacho Fun Box	 Yogurt Fun Box	Chicken Caesar Salad
<p>Daily Salad Bar with Fresh Fruits, Salad and Vegetables            Daily Choice of Skim or Fat Free White Milk</p>				

We Also Offer a FFVP Snack.

This institution is an equal opportunities provider. Menu subject to change without prior notice.  Contains pork.



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WITH THE NATIONAL SCHOOL LUNCH PROGRAM

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