

July BUFPreschool 2014

Monday	Tuesday	Wednesday	Thursday	Friday
	Summer Camp Begins 1 Breakfast ¼c Rice Krispies, ¼c Cheerios, ¾c Milk, ½c Orange Slices Lunch Veg Fried Rice, Grilled Chicken, ¼c Broccoli, ¼c Peaches, ¾c Milk Snack Chex Mix, Apple Sauce	2 Breakfast 2oz Turkey Sausage, 1 Slice Waffle, ½c Peaches, ¾c Milk Lunch 2oz Cheese Pizza, Xtra Cheese, 1Corn Cob, ¼c Fruit Cocktail, ¾c Milk Snack Fruited Yogurt, Graham Crackers	3 Breakfast ¼c Mini Wheats, ¼c Cheerios, ½c Bananas, ¾c Milk Lunch 2oz Beef Hot Dogs, ¼c Veg. Beans, ¼c Watermelon, ¾c Milk Snack 100% Fruit Icee, Ritz Crackers	4 SCHOOL CLOSED
7 Breakfast 1ea Mini Croissant, 1oz Turkey Bacon, ½c Apple Juice, ¾c Milk Lunch 2oz Tuna Salad, ½ Roll, ¼c Tomato, ¼c Peaches, ¾c Milk Snack Watermelon, Fig Newtons	8 Breakfast ¼c Rice Krispies, ¼c Cheerios, ½c Orange Juice, ¾c Milk Lunch 2oz Turkey Meatball Hoagie, ¼c Cole Slaw, ¼c Pineapple, ¾c Milk Snack Ritz Crackers, Fruited Yogurt	9 Breakfast 1oz Turkey Sausage, 1oz Scramble Eggs, ½c Pineapple Juice, ¾c Milk Lunch 2oz Ground Beef Meat Sauce, ¼c Lettuce, ¼c Tomatoes, Spiral Noodle, ¼c Tangerines, ¾c Milk Snack Wheat thins, Grape Juice	10 Breakfast ¼c Corn Flakes, ¼c Mini Wheats, ½c Orange Juice, ¾c Milk Lunch 2oz Baked Tilapia, ¼c Carrots, ¼c Noodles, ¼c Peaches, ¾c Milk Snack Apple Slices, Breadsticks	11 Movie Theatre Breakfast 2oz Turkey Bacon, ½c Peaches, ¾c Milk Lunch 2oz Turkey Sandwich, Cheese, ¼c Romaine Lettuce, ¼c Tomatoes ¼c Grapes, ¾c Milk Snack Watermelon, Graham Cracker
14 Breakfast ¼c Rice Krispies, ¼c Raisin Bran, ½c Orange Juice, ¾c Milk Lunch 2oz Grilled Cheese Sandwich, White Bread, ¼c Lettuce, ¼c Tomato, ¼c Peaches, ¾c Milk Snack Apple Sauce, Corn Muffin	15 Breakfast 1ea French Toast, 1oz Turkey Sausage, ½c Fruit Cocktail, ¾c Milk Lunch 2 oz BBQ Chicken, ¼c Yellow Rice, ¼c Peas, ¼c Peaches, ¾c Milk Snack ½ Banana w Vanilla Wafer	16 Breakfast ¼c Mini Wheat, ¼c Cheerios, ½c Apple Juice, ¾c Milk Lunch 2oz Cheese Pizza, Xtra Slice Cheese, ¼c Pineapples, ¾c Milk Snack Orange/Raspberry Shebert	17 Breakfast 1ea Boiled Eggs, 1oz Turkey Bacon, ½c Grape Juice, ¾c Milk Lunch 2oz Baked Fish, ¼c Veg. Beans, ¾c Milk ¼c Cole Slaw, ¼c Watermelon, Snack Fruited Jello, Granola Bars	18 Bowcraft Trip Breakfast ¼c Rice Krispies, ¼c Frosted Flakes, ½c Banana, ¾c Milk Lunch 2oz Turkey w/Roll, Provolone Sandwich, ¼c Grapes, ¼c Celery Sticks, ¾c Milk Snack 100% Fruit Juice Italian Ice Pops
21 Breakfast 1ea Corn Muffin, 1ea Boiled Eggs, ½c Grape Juice, ¾c Milk Lunch ¼c Garlic Pasta, Broccoli, ¼c Pineapple 2oz Beef Sausage, Italian Bread, ¾c Milk Snack Sun Chips, Celery Sticks	22 Breakfast ¼c Mini Wheat, ¼c Rice Chex, ½c Orange Juice, ¾c Milk Lunch 2oz Baked Chicken Fingers, Mac Salad, ¼c Peas, ¼c Fruit Cocktail, ¾c Milk Snack Cantaloupe Slices, Animal Cracker	23 Breakfast Waffle Sticks, Turkey Bacon, ¾c Milk, ½c Pineapple Juice Lunch 2oz Turkey Ham, ¼c Tricolor Pasta, ¾c Milk, ¼c Lettuce, ¼c Tomato, ¼c Pears Snack Bread Sticks, Cheese Cubes	24 Breakfast ¼c Cheerios, ¼c Frosted Flakes, ½c Apple Juice, ¾c Milk Lunch 2oz Baked Fish, ¼c Green Beans, ¼c Brown Rice, ¼c Pineapple, ¾c Milk Snack Brownies, Peaches	25 Picnic at Cedarbrook Park Breakfast 1oz Scrambled Eggs, 1oz Turkey Sausage, Small Bagels, ½c Orange Juice, ¾c Milk Lunch 2oz Turkey w/Roll, Provolone Sandwich, ¼c Tomato Slices, ¼c Lettuce, ¼c Watermelon, ¾c Milk Snack 100% Fruit Juice Italian Ice Pops
28 Breakfast ¼c Rice Krispies, ¼c Cheerios, ½c Grape Juice, ¾c Milk Lunch Home Made Mac & Cheese, Xtra Cheese, ¼c Spinach, ¼c Fruit Cocktail, ¾c Milk Snack Plain Yogurt, Blueberry Muffins	29 Breakfast 1ea Corn Muffin, Turkey Bacon, ½c Pineapple Juice, ¾c Milk Lunch 2oz Beef Bologna Cheese Sandwich, White Bread, ¼c Lettuce, ¼c Tomato, ¼c Pineapple, ¾c Milk Snack Vanilla wafers w/Bananas	30 Breakfast ¼c Mini Wheat, ¼c Cheerios, ½c Apple Juice, ¾c Milk Lunch 2oz Cheese Tortellini, ¼c Broccoli, ¼c Lettuce, ¼c Tomato, Italian Bread, ¼c Pears, ¾c Milk Snack Chex Mix, Peaches	31 Breakfast 1oz Turkey Sausage, English Muffin, ½c Applesauce, ¾c Milk Lunch ¼c Black Beans, 2oz Baked Fish, ¼c White Rice, ¼c Tangerines, ¾c Milk Snack Wheat Thins, Cheese Cubes	August 1 Cook Out/Magic Show Breakfast ¼c Corn Flakes, ¼c Mini Wheats, ½c Orange Juice, ¾c Milk Lunch 2oz Beef Hot Dog. On Roll, ¼c Veg. Beans, ¼c Celery Sticks, ¼c Grapes, ¾c Milk Snack Scooby Snacks, Grape Juice

Parents please review this menu. FOR FOOD ALLERGIES, PLEASE NOTIFY THE MAIN OFFICE