



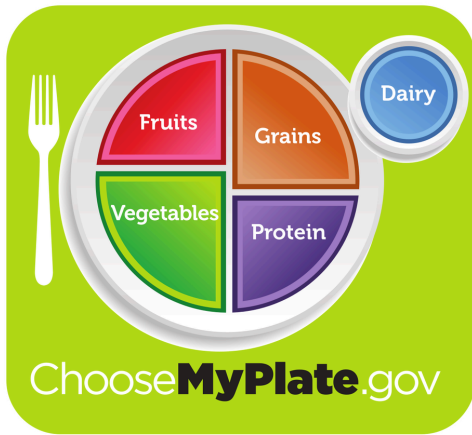
July Cold Breakfast

SFSP

All grains served are whole grain rich
Student's choice of skim or 1% milk
 provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider



Healthy Meals for Active Students!
 To create a healthy meal, include at least three of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

Monday	Tuesday	Wednesday	Thursday	Friday
29 blueberry chex fresh apple	30 bagel cream cheese jelly orange wedges	1 turkey ham & cheese on a croissant croissant jelly cantaloupe	2 fresh blueberries vanilla yogurt granola 100% orange juice	pineapple carrot bread hard boiled egg hot sauce honeydew
6 honey bunches of oats fresh apple	7 english muffin jelly hard boiled egg orange wedges	8 bagel cream cheese jelly cantaloupe	9 chilled peaches vanilla yogurt granola 100% orange juice	10 banana bread hard boiled egg hot sauce honeydew
13 cinnamon toasters cereal fresh apple	14 turkey ham & cheese on a croissant croissant jelly orange wedges	15 bagel cream cheese jelly cantaloupe	16 fresh blueberries vanilla yogurt granola 100% orange juice	17 apple cinnamon bread hard boiled egg hot sauce honeydew
20 cinnamon chex fresh apple	21 bagel cream cheese jelly orange wedges	22 english muffin jelly hard boiled egg cantaloupe	23 chilled peaches vanilla yogurt granola 100% orange juice	24 blueberry bread hard boiled egg hot sauce honeydew
27 blueberry chex fresh apple	28 bagel cream cheese jelly orange wedges	29 turkey ham & cheese on a croissant croissant jelly cantaloupe	30 fresh blueberries vanilla yogurt granola 100% orange juice	31 pineapple carrot bread hard boiled egg hot sauce honeydew

