

# PM Menu (July 2024)



| MON                                                                                           | TUE                                                                       | WED                                                           | THU                                                                              | FRI                                                                              |
|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| 1                                                                                             | 2                                                                         | 3                                                             | 4                                                                                | 5                                                                                |
| Whole Grain Strawberry Cracker & Fruit<br>(WGR) <sup>^</sup><br>WGR Strawberry Cracker, Fruit | Tortilla Chips & Salsa                                                    | Apple Slices with Mozzarella Cheese<br>Apple Slices<br>Cheese | Whole Wheat Cracker & Apple Sauce<br>(WGR)<br>Whole Wheat Cracker<br>Apple Sauce | Pita Bread and Hummus with Carrots<br>(WGR)                                      |
| 8                                                                                             | 9                                                                         | 10                                                            | 11                                                                               | 12                                                                               |
| Ritz Butter Round Crackers & Cheddar Cheese with Pear<br>Ritz Crackers<br>(WGR)               | Cheese Crackers & Fruit<br>(WGR) <sup>^</sup><br>Cheese Crackers<br>Fruit | Apple Slices, Sun Butter<br>Apple Slices<br>Sunbutter         | Soft Pretzel and Cheese with Banana<br>(WGR)<br>Pretzels<br>Cheese               | Turkey and Cheddar Wraps with Sliced Apples<br>(WGR)<br>Turkey and Cheddar Wraps |
| 15                                                                                            | 16                                                                        | 17                                                            | 18                                                                               | 19                                                                               |
| Whole Grain Strawberry Cracker & Fruit<br>(WGR) <sup>^</sup><br>WGR Strawberry Cracker, Fruit | Tortilla Chips & Salsa                                                    | Apple Slices with Mozzarella Cheese<br>Apple Slices<br>Cheese | Whole Wheat Cracker & Apple Sauce<br>(WGR)<br>Whole Wheat Cracker<br>Apple Sauce | Pita Bread and Hummus with Carrots<br>(WGR)                                      |
| 22                                                                                            | 23                                                                        | 24                                                            | 25                                                                               | 26                                                                               |
| Ritz Butter Round Crackers & Cheddar Cheese with Pear<br>Ritz Crackers<br>(WGR)               | Cheese Crackers & Fruit<br>(WGR) <sup>^</sup><br>Cheese Crackers<br>Fruit | Apple Slices, Sun Butter<br>Apple Slices<br>Sunbutter         | Soft Pretzel and Cheese with Banana<br>(WGR)<br>Pretzels<br>Cheese               | Turkey and Cheddar Wraps with Sliced Apples<br>(WGR)<br>Turkey and Cheddar Wraps |
| 29                                                                                            | 30                                                                        | 31                                                            |                                                                                  |                                                                                  |
| Whole Grain Strawberry Cracker & Fruit<br>(WGR) <sup>^</sup><br>WGR Strawberry Cracker, Fruit | Tortilla Chips & Salsa                                                    | Apple Slices with Mozzarella Cheese<br>Apple Slices<br>Cheese |                                                                                  |                                                                                  |

## Pre-School Serving Sizes

Meat 2.0 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup

## Grade - High School Serving Sizes

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

## Dairy Free (DF) Gluten Free (GF) Soy Free (SF)

Veggie inside entree marked with (\*)

Items marked with <sup>^</sup> contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich