

SANDHILL CHILDREN'S CENTER-ROCKINGHAM CAMPUS JULY 2017 MENU

	Breakfast	Lunch	Snack
MONDAY, JULY 3	CLOSED	CLOSED	CLOSED
TUESDAY, JULY 4	CLOSED	CLOSED	CLOSED
Wednesday, July 5	Whole wheat grain cheerios, sliced peaches, milk	Fish Patties, green peas, sliced peaches, Whole Wheat bread, Milk	Cheese goldfish, dried bananas water
Thursday, July 6	Whole wheat cinnamon raisin toast/grape jam ,sliced apples/ milk	Turkey & cheese sandwiches on Whole Wheat Bread, Baked Fries, sliced apples, milk	Celery sticks, peanut butter cups water
Friday, July 7	Scramble egg patties, whole wheat bread, pineapples, milk	Cheese Pizza on Whole Wheat Crust, Corn, Pineapples, Milk	Ritz bits cheese crackers, sliced pears water
Monday, July 10	Honey Kix Cereal , mixed Fruit, milk	Turkey Hot Dogs on whole wheat Buns, green beans, mixed fruit , milk	Strawberry chex mix, Blueberry Yogurt, water
Tuesday, July 11	Grits w/cheese, cantaloupe, milk	Chicken Patties, Yams, Cantaloupe, Whole wheat bread, milk	Sliced Turkey ,whole wheat crackers water
Wednesday, July 12	Cheese toast on whole wheat bread, applesauce, milk	Meat loaf w/ Gravy, black eye peas, applesauce, whole wheat bread, milk	Peanut butter sandwich crackers, 100% Apple Juice
Thursday, July 13	Blueberry muffins, sliced oranges, milk	Chicken w/rice, field peas, sliced oranges, whole wheat bread, milk	Cheez-it crackers, Apple sauce, water
Friday, July 14	Corn Flakes, Bananas, milk	Mini Hamburgers on whole wheat Buns, sliced carrots, bananas, milk	Sliced cheese, ritz crackers, water
Monday, July 17	Turkey Sausage Patties, whole wheat bread, sliced pears, milk	Beef Stew w/mixed vegetables, whole grain wheat rice, sliced pears , cornbread, milk	Peanut butter cup, sliced apples water
Tuesday, July 18	Raisin Bran cereal, sliced peaches, milk	Chicken alfredo, whole wheat noodles, peas/corn, sliced peaches, whole wheat bread, milk	Wheat chex mix, dried cranberries water
Wednesday, July 19	Whole wheat bread toast w/ Peanut Butter, sliced apples ,milk	Turkey & Cheese whole wheat wrap, mixed vegetables, sliced apples, milk	Whole wheat goldfish Pretzels, sliced peaches, water
Thursday, July 20	Whole Grain Cheerios, Mandarin oranges, Milk	Grilled chicken patties, vegetable garden salad w /ranch dressing, mandarin oranges, whole wheat crackers, milk	Whole grain chow mein noodles, Blueberries, water
Friday, July 21	Whole wheat biscuit w/apple butter, dried pineapple, milk	Shepherd's pie w/ground turkey, lima beans, diced pineapples ,whole wheat bread, milk	Corn tortilla chips, flavored humus, water
Monday, July 24	Plain Whole Wheat Cinnamon Roll, Sliced oranges, milk	Chicken Tenders, classic pinto beans, sliced oranges, whole wheat bread, milk	Pimento cheese, whole wheat crackers, water
Tuesday, July 25	Blueberry Bagels w/Cream Cheese, Mixed Fruit, Milk	BBQ meatballs, potato salad, mixed fruit, whole wheat crackers, milk	Sliced turkey, sun veggie harvest chips, water
Wednesday, 26	Rice Chex Cereal, sliced pears, milk	Chicken w/dumplings, green beans, sliced pears, whole wheat bread, milk	Whole grain oyster crackers, sliced cucumbers, water
Thursday, 27	Scramble egg patties, Whole wheat bread, cantaloupe, milk	Taco soup w/ground turkey, pinto beans, corn, cantaloupe, tortilla chips, milk	Whole grain cheese goldfish, tropical mixed fruit, water
Friday, 28	Whole Wheat waffles w/grape jam, bananas, milk	Chicken nuggets, baked beans, bananas, wheat bread, milk	Whole wheat cheez-it crackers, raisins, water
Monday 31	Cheese toast on whole wheat bread, Diced Pineapples, Milk	Mini corn dogs, peas and carrots, diced pineapples, whole wheat bread, milk	Ritz bit cheez crackers, sliced oranges, water

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