

**SANDHILL CHILDREN'S CENTER-Southern Pines CAMPUS JULY 2017 MENU**

	Breakfast	Lunch	Snack
<b>MONDAY, JULY 3</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>TUESDAY, JULY 4</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
Wednesday, July 5	Whole Grain Cheerio Cereal Applesauce Milk	All White Meat Chicken Nuggets Peas and Carrots, Sliced Cantaloupe, Whole Wheat Rolls, Milk	Whole Wheat Crackers String Cheese Bananas
Thursday, July 6	Whole Wheat Cinnamon Raisin Bread w/ Homemade Strawberry Spread, Bananas, Milk	Turkey and Cheese Sandwiches on Whole Wheat Bread, Sweet Corn, Bananas, Milk	Whole Grain Rich Sun Chips Sliced Apples
Friday, July 7	Whole Grain Rick Blueberry Waffle Sticks w/ Strawberry Puree, Sliced Oranges, Milk	Turkey Hot Dogs on Whole Wheat Buns w/ Coleslaw and Chili, Baked French Fries, Sliced Oranges, Milk	Whole Grain Rich Strawberry Yogurt Chex Snack Mix Sliced Oranges
Monday, July 10	Whole Grain Rich Corn Kix Cereal Diced Peaches Milk	Baked Beans w/ Diced Ham Sweet Corn, Sliced Cantaloupe, Whole Wheat Bread, Milk	Goldfish Cheese Crackers Sliced Apples
Tuesday, July 11	Turkey Sausage Links Whole Wheat Biscuits, Bananas Milk	Grilled Cheese on Whole Wheat Bread, Green Peas, Sliced Oranges Milk	Whole Grain Rich Bread Sticks w/ Marinara Dip Sliced Oranges
Wednesday, July 12	Plain Whole Wheat Cinnamon Rolls Sliced Cantaloupe Milk	Tacos w/ Ground Turkey, Lettuce, Cheese, Tomatoes, and Sour Cream, Whole Corn Tortillas Scoops, Sliced Oranges, Milk	Sliced Cucumbers Goldfish Pretzels
Thursday, July 13	Mini Homemade Whole Wheat Blueberry Muffins, Bananas Milk	Tuna Salad Sandwiches on Whole Wheat Bread, Sliced Cucumbers w/ Ranch Dressing, Sliced Cantaloupe, Milk	Rice Chex Cereal Snack Mix Raisins
Friday, July 14	Whole Wheat Cinnamon Raisin Bagels, Sliced Honeydew Milk	Cheese Pizza on Whole Wheat Crust Green Beans, Sliced Apples Milk	Whole Grain Pretzel Sticks Sliced Cantaloupe
Monday, July 17	Whole Wheat Cinnamon Swirl French Toast w/ Strawberry Puree Sliced Oranges, Milk	Fish Sticks Baked Beans, Hush Puppies, Coleslaw, Sliced Oranges, Milk	Chee it Snack Crackers Sliced Apples
Tuesday, July 18	Homemade Mini Strawberry Muffins Sliced Cantaloupe Milk	Whole Wheat Spaghetti Noodles w/ Ground Turkey Meat Sauce, Tossed Salad w/ Italian Dressing, Honeydew, Garlic Bread, Milk	Whole Grain Chow Mein Noodles Apple Slices
Wednesday, July 19	Whole Wheat Biscuits w/ Blueberry Cream Cheese Spread, Sliced Oranges, Milk	Chicken Salad w/ Whole Wheat Crackers, Fresh Shredded and Cooked Zucchini and Squash, Pineapple, Milk	Whole Wheat Baked Veggie Sticks Bananas
Thursday, July 20	Whole Wheat English Muffins w/ Ham and Cheese, Bananas Milk	Chicken Stir-fry w/ Brown Rice, Carrots, Peas, Red and Green Pepper, Sliced Cantaloupe, Whole Wheat Bread Sticks, Milk	Corn Tortilla Chips w/ Cheese Dip Sliced Cantaloupe
Friday, July 21	Whole Wheat Blueberry Bagels w/ Blueberry Spread, Sliced Apples Milk	Hamburgers on Whole Wheat Buns Baked French Fries, Pickles, Sliced Oranges, Milk	Town House Crackers Carrot Sticks w/ French Dressing
Monday, July 24	Whole Grain Rice Chex Cereal Sliced Apples Milk	Homemade Sloppy Joe Sandwiches w/ Ground Turkey on Whole Wheat Buns, Green Beans, Bananas, Milk	Whole Wheat Thin Crackers Sliced Cantaloupe
Tuesday, July 25	Cheese Grits, Whole Wheat Bread Applesauce Milk	Ham and Cheese Sandwiches on Whole Wheat Bread, Green Peas, Pineapple, Milk	Whole Grain Oyster Crackers Honeydew
Wednesday, July 26	Hash Browns w/ Turkey Sausage Patties, Whole Wheat Bread, Orange Slices, Milk	Fresh Ravioli Pasta w/ Ground Turkey Meat Sauce, Tossed Salad w/ French Dressing, Honeydew, Whole Wheat Bread, Milk	Sliced Cucumbers Goldfish Pretzels
Thursday, July 27	Whole Wheat Mixed Berry Loaf w/ Fresh Berries, Honeydew Milk	Veggie and Meat Tray w/ Ham, Turkey, Cheese, Marinated Veggies, Whole Wheat Crackers, Bananas, Milk	Fresh Green Bean Sticks w/ Ranch Dip Whole Wheat Crackers
Friday, July 28	Homemade Whole Wheat Pancakes w/ Homemade Fruit Topping, Sliced Oranges, Milk	Homemade Turkey Burgers on Whole Wheat Buns, Baked French Fries, Green Beans, Sliced Apples, Milk	Whole Grain Rich Bread Sticks w/ Marinara Sauce Sliced Oranges
Monday, July 31	Whole Wheat Waffles w/ Blueberry Spread, Diced Pears Milk	BBQ Chicken Sandwiches on Whole Wheat Buns, Tater Tots, Sweet Pickles, Sliced Apples, Milk	Whole Wheat Toasted Baguettes w/ Marinara Sauce and Cheese Carrot Sticks

Water is served throughout the day and with snack. Menu may vary depending on the availability of food.