

Sandhills Children's Center-Rockingham Campus July 2018 Menu

DATE	BREAKFAST	LUNCH	SNACKS
Monday July 2, 2018	Cheerios, mixed fruit, milk	Meatloaf/gravy, mashed potatoes, mixed fruit, whole wheat bread, milk	Celery sticks, peanut butter, water
Tuesday July 3, 2018	Cheese toast, apple sauce, milk	Grilled chicken breast, black eye-peas salad, apple sauce, ritz crackers, milk	Cheese goldfish, frozen strawberries, water
Wednesday July 4, 2018	CLOSED	CLOSED	CLOSED
Thursday July 5, 2018	Corn flakes, slice cantaloupe, milk	Slice turkey & Cheese sandwiches, slice carrots, ranch dressing, slice cantaloupe, milk	Cheez-it crackers, raisins, water
Friday July 6, 2018	Scrambled egg patties, whole wheat bread, bananas, milk	Lasagna/ground beef, corn, bananas, garlic bread, milk	Tortilla chips, flavored Hummus, water
Monday July 9, 2018	Biscuit/grape jam, slice oranges, milk	Chicken/dumpling, peas/ carrots, slice oranges, whole wheat bread, milk	Wheat chex mix snack, flavored yogurt, milk
Tuesday July 10, 2018	Waffle sticks, sugar free syrup, apple sauce, milk	Mini hamburgers cheese on bun, field peas, apple sauce, milk	Peanut butter crackers, slice oranges, water
Wednesday July 11, 2018	Honey Kix cereal, slice honeydew, milk	Fish patties, lima beans, slice honey dew, whole wheat bread, milk	Slice cucumber, ranch dressing
Thursday July 12, 2018	Grits/cheese, mixed fruit, milk	BBQ meatballs, potato salad, mixed fruit, ritz crackers, milk	Sun veggie chips, 100% Apple Juice
Friday July 13, 2018	Blueberry muffins, slice apples, milk	Pepperoni Cheese pizza, corn/ peas, slice apples, milk	Graham crackers, peanut butter, water
Monday July 16, 2018	Blueberry bagels/ butter, slice apples, milk	Shepherd pie/ ground turkey, green peas, slice apples, whole wheat bread, milk	Slice yellow peppers, ranch dressing, ritz crackers, water
Tuesday July 17, 2018	Rice chex cereal, apple sauce, milk	Chicken/rice, green beans ,apple sauce, whole wheat bread, milk	Mozzarella stick cheese, cheez-it crackers, water
Wednesday July 18, 2018	Hash browns, whole wheat bread, slice oranges, milk	Beef stew/mixed vegetables/rice, slice oranges corn bread, milk	Ritz bit peanut butter crackers, dried cranberries, water
Thursday July 19, 2018	English muffins/grape jam, slice cantaloupe, milk	Chicken patties ,diced carrots, sliced cantaloupe, whole wheat bread, milk	Strawberry chex mix, flavored yogurt, water
Friday July 20, 2018	Rice crispy cereal, Bananas, milk	BBQ chicken breast, pasta salad/cucumbers tomatoes, onion, Bananas, whole wheat crackers, milk	Multi grain cheddar sun chips, slice turkey, water
Monday July 23, 2018	Turkey Sausage, whole wheat bread, mixed fruit, milk	Slice turkey & cheese sandwiches, mixed vegetables, mixed fruit, milk	Whole wheat baked veggie sticks, sliced cucumbers, water
Tuesday July 24, 2018	Honey kix cereal, slice apples , milk	Cheese Pizza, lima beans/ corn, slice apples, milk	Slice apples , peanut butter, water
Wednesday July 25, 2018	Scrambled egg patties, whole wheat bread, apple sauce, milk	Mac-n-cheese/diced turkey, green peas ,apple sauce, whole wheat bread, milk	Broccoli & cauliflower/ ranch dressing ,water
Thursday July 26, 2018	Cinnamon & raisin toast/ grape jam, cantaloupe, milk	Chicken tenders, green beans, ,cantaloupe, whole wheat bread, milk	Cheese goldfish, pretzels, raisins, water
Friday July 27, 2018	Corn flakes cereal, slice oranges, milk	Beef tips/gravy/rice, peas-carrots, slice oranges, whole wheat bread, milk	Cheese sticks , ritz crackers, water
Monday July 30, 2018	Cheese Toast, slice oranges, milk	Chicken nuggets, baked beans, slice oranges, whole wheat bread, milk	Pimento cheese, wheat crackers, water
Tuesday July 31, 2018	Cheerios, mixed fruit, milk	Tuna Casserole/noodles, green peas, mixed fruit, whole wheat bread, milk	Slice turkey, cheez -it crackers, water