

## July 2011 Friendly Avenue Christian Preschool Menu

				1 Cereal w/ Milk <b>Chicken Pot Pie</b> <b>Carrots, Peas, Potatoes</b> <b>Mixed Fruit</b> <b>Milk</b> Watermelon Slices, WW Crackers, Water
4 FACP CLOSED	5 Cereal w/ Milk <b>Grilled Chicken Salad</b> <b>Lettuce, Tomato, Carrots</b> <b>Canned Fruit</b> <b>Pita*</b> <b>Milk</b> Nachos & Cheese Dip	6 Banana Slices & Milk <b>Oven Seared Tilapia</b> <b>Steam Cabbage</b> <b>Fresh Cucumbers &amp; Tomatoes</b> <b>Roll</b> <b>Milk</b> Fresh Fruit, Cheese Its w/ Water	7 Mini Bagels w/ Cream Cheese & Milk <b>Turkey Ham &amp; Cheese</b> <b>On Whole Wheat Bread</b> <b>Potato Salad</b> <b>Mango Apple Sauce</b> <b>Milk</b> 100% Fruit Juice Pops, Goldfish, Water	8 Dried Cereal w/ Yogurt <b>Menu TBA</b> <b>Milk</b> Cheese & Crackers w/Water
11 Trail Mix w/ Milk (VBS) <b>BBQ Beef Riblettes</b> <b>Mixed Veggies</b> <b>Diced Pears</b> <b>Bun</b> <b>Milk</b> Strawberry, Yogurt Parfait w/ Water	12 WW Toast w/ Milk (VBS) <b>Soft Taco w/ Meat</b> <b>Cheese, Lettuce, Salsa</b> <b>Pineapple Tidbits</b> <b>Milk</b> Applesauce, Animal Crackers w/ Water	13 Biscuits w/ Milk (VBS) <b>Baked Chicken</b> <b>Broccoli &amp; Rice Casserole</b> <b>Roll</b> <b>Peaches*</b> <b>Milk</b> Fresh Fruit*, WW Crackers & Water	14 Dried Apple Rings & Milk (VBS) <b>Macaroni &amp; Cheese</b> <b>Turnip Greens</b> <b>Roll</b> <b>Sliced Apples</b> <b>Milk</b> Jello w/ Fruit & Graham Crackers w/ Water	15 Pretzels w/ Milk (VBS) <b>Sliced Turkey Sub</b> <b>Lettuce &amp; Tomato</b> <b>Apricots</b> <b>Milk</b> Fresh Fruit, Vanilla Wafers w/ Water
18 Cereal & Milk <b>Chicken BBQ</b> <b>On Bun</b> <b>Cole Slaw</b> <b>Apricots</b> <b>Milk</b> Banana Slices & Vanilla Wafers	19 Cheese & WW Crackers w/ Water <b>Spaghetti w/ Meat Sauce</b> <b>Mediterranean Veggie</b> <b>Spinach Salad w/ cucumbers,</b> <b>tomato*</b> <b>Milk</b> Fresh Fruit* & Milk	20 Cereal & Milk <b>Turkey Sausage</b> <b>Spanish Rice w/ Onion,</b> <b>Celery,Green Pepper</b> <b>Apple Sauce</b> <b>Milk</b> Goldfish Crackers & Milk	21 Peaches & Milk <b>Chicken Salad</b> <b>Veggie Pasta Salad</b> <b>Crackers</b> <b>Fresh Broccoli*</b> <b>Milk</b> Fresh Fruit*, Animal Crackers & Water	22 Cereal & Milk <b>Salmon Burger</b> <b>On Bun</b> <b>Tomato, Lettuce</b> <b>Melon</b> <b>Milk</b> Season Fruit* & Cheese Chunks
25 Cereal w/ Milk <b>Pepper Steak w/ Onion</b> <b>On Bun</b> <b>Corn</b> <b>Tropical Fruit</b> <b>Milk</b> 100% Fruit Juice Pops, Teddy Grahams w/ Water	26 Nutrigrain Bar & Milk <b>Chicken Breast Strips</b> <b>On Bun</b> <b>Garden Salad</b> <b>Fruity Pudding</b> <b>Milk</b> Fresh Veggies & Ranch Dip	27 Cereal w/ Milk <b>Beef Bologna &amp; Cheese</b> <b>On Whole Wheat Bread</b> <b>Lettuce, Tomato</b> <b>Strawberry Applesauce</b> <b>Milk</b> Pita Chips & Hummus w/ Water	28 English Muffin w Cheese & Milk <b>Menu TBA</b> <b>Milk</b> Trail Mix & Milk	29 Cereal & Milk <b>Tuna Salad</b> <b>Crackers</b> <b>Broccoli Slaw</b> <b>Diced Peaches</b> <b>Milk</b> String Cheese w/ WW Ritz Crackers & Water