

# SCELC Menu

Week of: July 11-15, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	½ c. Cold Cereal ½ c. Mandarin Oranges ¾ c. Milk	½ Sausage, Egg, Cheese, Biscuit 1/2c. Fresh Fruit ¾ c. Milk	½ Blueberry Bagel 1 tbsp. Cream Cheese ½ c. Fresh Fruit ¾ c. Milk	1 Whole Grain Waffle 1 Tbsp. Syrup ½ c. Fresh Fruit ¾ c. Milk	1 Slice Cinnamon Raisin Toast ½ c. Fresh Fruit ¾ c. Milk
<b>LUNCH</b>	½ c. Pasta with Meat Sauce ½ Bread Stick ½ c. Steamed Broccoli ½ c. Diced Pears ¾ c. Milk	½ Chicken Salad Sandwich ½ c. French Fries ½ c. Diced Carrots ½ c. Fresh Fruit ¾ c. Milk	Cheese Quesadilla ¼ c. Black Beans & Rice ½ c. Corn ½ c. Tropical Fruit ¾ c. Milk  <b>KRSC:</b> Packed lunch for SplashZone	2 oz. Breaded Cod Nuggets ¼ c. Potato Salad ½ c. Peas ½ c. Diced Peaches ¾ c. Milk	Tukey & Swiss Wrap ½ c. Pasta Salad w/ Ranch ½ c. Fresh Fruit ¾ c. Milk
<b>AFTERNOON SNACK</b>	12 c. Vanilla Wafers ¾ c. Milk	5 Whole Grain Ritz Crackers 1 oz. String Cheese	1 Fruit & Grain Bar ¾ c. Milk	1 oz. bag Veggie Straws ¾ c. Fruit Juice	½ c. Animal Crackers ¾ c. Milk