

SCELC Menu

Week of: July 18-22, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	½ c. Cold Cereal ¼ c. Mandarin Oranges ¾ c. Milk	½ Blueberry Bagel 1 tsp. Cream Cheese ½ c. Applesauce ¾ c. Milk	4 French Toast Sticks 1 tbsp. Syrup ½ Banana ¾ c. Milk	½ c. Oatmeal w/ Brown Sugar ¼ c. Apple Slices ¾ c. Milk	1 Buttermilk Biscuit 1 tsp. Fruit Spread ½ c. Fresh Strawberries ¾ c. Milk
LUNCH	½ Meatball Hoagie ¼ c. French Fries ½ c. Peas ½ c. Mixed Fruit ¾ c. Milk	2 oz. Southern Style Chicken ¼ c. Rice Pilaf ½ c. Green Beans ½ c. Pears ¾ c. Milk	Cheese Ravioli ½ Garlic Toast ½ c. Corn ½ c. Tropical Fruit ¾ c. Milk	2 oz. Salisbury Steak ¼ c. Mashed Potatoes ½ c. Carrots ½ c. Pineapple ¾ c. Milk	½ Tukey & Swiss Sandwich ¼ c. Macaroni Salad ½ c. Mixed Vegetables ½ c. Peaches ¾ c. Milk
AFTERNOON SNACK	2 Graham Crackers 1 tbsp. Sun Butter	½ oz. Tortilla Chips 2 tbsp. Salsa	½ c. Vanilla Wafers ¾ c. Fruit Juice	½ c. Pretzels 2 oz. Cheese Cubes	1 Fruit & Grain Bar ¾ c. Fruit Juice