

SCELC Menu

Week of: July 25-29, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	½ c. Cold Cereal ¼ c. Mandarin Oranges ¾ c. Milk	1 Whole Grain Waffle 1 Tbsp. Syrup ½ c. Fresh Strawberries ¾ c. Milk	½ Blueberry Muffin ½ Fresh Banana ¾ c. Milk	½ c. Yogurt Granola ½ c. Mixed Berries ¾ c. Milk	1 Slice Cinnamon Raisin Bread ½ c. Applesauce ¾ c. Milk
LUNCH	½ c. Tomato Soup ½ Grilled Cheese ½ c. Green Beans ½ c. Tropical Fruit ¾ c. Milk	½ c. Pasta w/ Meat Sauce ½ Breadstick ¼ c. Corn ½ c. Diced Peaches ¾ c. Milk KRSC: Lunch @ baseball game	½ Sloppy Joe on Whole Grain Bun ¼ c. Tater Tots ½ c. Diced Carrots ½ c. Diced Pears ¾ c. Milk	2 oz. Breaded Chicken Tenders ¼ c. Mac 'N Cheese ½ c. Peas ½ c. Mixed Fruit ¾ c. Milk KRSC: Tailgate Lunch Outside	1 Slice Cheese Pizza ½ c. Tossed Salad ¼ c. Corn ¼ c. Pineapple Tidbits ¾ c. Milk
AFTERNOON SNACK	5 Whole Grain Ritz Crackers 1 oz. String Cheese	½ c. Animal Crackers ¾ c. Milk	½ Cucumber Slices Ranch ¾ c. Fruit Juice	½ c. Whole Grain Cheez-Its ¾ c. Fruit Juice	2 Shortbread Cookies ½ Banana ¾ c. Milk