

# July

# BREAKFAST

Unitized K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Holiday	6 Cheerios w/ String Cheese and Fruit Or Juice	7 French Toast Muffin w/ Fruit Or Juice	8 Cheerios w/ String Cheese and Fruit Or Juice	9 Plain Bagel w/ Cream Cheese and Fruit Or Juice
12 Corn Chex w/ String Cheese and Fruit Or Juice	13 Plain Bagel w/ Cream Cheese and Fruit Or Juice	14 Cheerios w/ String Cheese and Fruit Or Juice	15 Blueberry Burst Bagel w/ Cream Cheese and Fruit Or Juice	15 Yogurt w/ Cinnamon Grahams and Fruit Or Juice
19 Corn Chex w/ Educational Snacks and Fruit Or Juice	20 Berry Apple ZeeZees Bar w/ Fruit Or Juice	21 French Toast Muffin w/ Fruit Or Juice	22 Cheerios w/ String Cheese and Fruit Or Juice	23 Plain Bagel w/ Cream Cheese and Fruit Or Juice
26 Cheerios w/ Educational Snacks and Fruit Or Juice	27 Plain Bagel w/ Cream Cheese and Fruit Or Juice	28 Cinnamon Crumble w/ Fruit Or Juice	29 Blueberry Burst Bagel w/ Cream Cheese and Fruit Or Juice	30 Yogurt w/ Cinnamon Grahams and Fruit Or Juice

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

[surveymonkey.com/r/meals-survey](https://surveymonkey.com/r/meals-survey)



**revolution**foods®

This institution is an equal opportunity provider.  
All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

**Dairy-Free (DF)**  
**Vegetarian (V)**

July

# BREAKFAST

Unitized PSN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Holiday	6 Cheerios w/ Educational Snacks and Fruit Or Juice	7 French Toast Muffin w/ Fruit Or Juice	8 Cheerios w/ String Cheese and Fruit Or Juice	9 Plain Bagel w/ Cream Cheese and Fruit Or Juice
12 Corn Chex w/ String Cheese and Fruit Or Juice	13 Plain Bagel w/ Cream Cheese and Seasonal Fruit	14 Cheerios w/ String Cheese and Fruit Or Juice	15 Blueberry Burst Bagel w/ Cream Cheese and Seasonal Fruit	15 Yogurt w/ Cinnamon Grahams and Fruit Or Juice
19 Corn Chex w/ Educational Snacks and Fruit Or Juice	20 Cheerios w/ String Cheese and Fruit Or Juice	21 French Toast Muffin w/ Fruit Or Juice	22 Cheerios w/ String Cheese and Fruit Or Juice	23 Plain Bagel w/ Cream Cheese and Fruit Or Juice
26 Cheerios w/ Educational Snacks and Seasonal Fruit	27 Plain Bagel w/ Cream Cheese and Seasonal Fruit	28 Cinnamon Crumble w/ Fruit Or Juice	29 Blueberry Burst Bagel w/ Cream Cheese and Fruit Or Juice	30 Yogurt w/ Cinnamon Grahams and Fruit Or Juice

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# LUNCH

Unitized K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 <b>Holiday</b>	6 Hamburger w/ Broccoli (DF) Egg Salad Sandwich w/ Baby Carrots (DF) (VG)	7 Bean and Cheese Burrito w/ Black Beans (VG) Turkey Sandwich w/ Garbanzo Beans (DF)	8 Hot Dog w/ Ketchup and Baby Carrots (DF) Cheese Sandwich w/ Baby Carrots (VG)	10 Cheese Pizza w/ Side Salad (VG)
12 Chili w/ Mini Cornbread and Baby Carrots (VG)	13 Panada Pizza Pie w/ Cilantro Lime Pinto Beans (VG)	14 Chicken Pepper Jack Melt w/ Roasted Potatoes Pretzel Nacho Cheese Calzoni w/ Peas (VG)	15 Sunbutter Jelly Kit w/ String Cheese and Side Salad (VG)	16 Hot Dog w/ Broccoli (DF) Cheese Sandwich w/ Side Salad (VG)
19 Cheeseburger w/ Roasted Potatoes	20 Zesty All Beef Pasta w/ Black Beans Egg Salad Sandwich w/ Baby Carrots (DF) (VG)	21 Bean and Cheese Burrito w/ Black Beans (VG) Turkey Sandwich w/ Garbanzo Beans (DF)	22 Hot Dog w/ Ketchup and Baby Carrots (DF) Cheese Sandwich w/ Baby Carrots (VG)	23 Cheese Pizza w/ Side Salad (VG)
26 BBQ Beef Rib Sandwich w/ Baby Carrots (DF) Chili w/ Mini Cornbread and Baby Carrots (VG)	27 Panada Pizza Pie w/ Cilantro Lime Pinto Beans (VG)	28 Chicken Pepper Jack Melt w/ Roasted Potatoes Pretzel Nacho Cheese Calzoni w/ Peas (VG)	29 Chicken Enchilada w/ Broccoli Sunbutter Jelly Kit w/ String Cheese and Side Salad (VG)	30 Alferdo Pasta w/ Broccoli (VG)

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## Vegetable of the Day

**Dairy-Free (DF) Vegetarian (V)**  
options available daily – if not listed on the menu, available upon request

# July



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 <b>Holiday</b>	6 Hamburger w/ Broccoli (DF) Egg Salad Sandwich w/ Carrots Corn Peas (DF) (VG)	7 Bean and Cheese Burrito w/ Black Beans (VG) Turkey Sandwich w/ Corn (DF)	8 Panada Pizza Pie w/ Broccoli (VG)	10 Cheese Pizza w/ Side Salad (VG)
12 Chili w/ Mini Cornbread and Diced Carrots (VG)	13 Panada Pizza Pie w/ Cilantro Lime Pinto Beans (VG)	14 Chicken Pepper Jack Melt w/ Roasted Potatoes Pretzel Nacho Cheese Calzoni w/ Peas (VG)	15 Sunbutter Jelly Kit w/ String Cheese and Side Salad (VG)	16 Cheese Pizza w/ Side Salad (VG)
19 Cheeseburger w/ Roasted Potatoes	20 Zesty All Beef Pasta w/ Black Beans Egg Salad Sandwich w/ Baby Carrots (DF) (VG)	21 Bean and Cheese Burrito w/ Black Beans (VG) Turkey Sandwich w/ Garbanzo Beans (DF)	22 BBQ Chicken w/ Mac and Cheese and Baby Carrots Cheese Sandwich w/ Baby Carrots (VG)	23 Cheese Pizza w/ Side Salad (VG)
26 BBQ Beef Rib Sandwich w/ Diced Carrots (DF) Chili w/ Mini Cornbread and Baby Carrots (VG)	27 Panada Pizza Pie w/ Cilantro Lime Pinto Beans (VG)	28 Chicken Pepper Jack Melt w/ Roasted Potatoes Pretzel Nacho Cheese Calzoni w/ Peas (DF)	29 Sunbutter Jelly Kit w/ String Cheese and Side Salad (VG)	30 Alfredo Pasta w/ Broccoli (VG)

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**Vegetable of the Day**

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