

# St. Paul Early Learning Center July 2019

<b>MONDAY</b> <b>1</b> B-RC cereal/strawberries/milk L-WG cheese pizza/corn/mand. oranges S1-cheese cubes/crackers/juice S2-graham crackers/milk	<b>TUESDAY</b> <b>2</b> B-waffles/craisins/milk L-BBQ Chicken/baked beans/applesauce S1-moonpies/milk S2-goldfish/water	<b>WEDNESDAY</b> <b>3</b> B-biscuit/jelly/milk L-ham/cheese on wheat/great northern beans/pineapple S1-yogurt/granola/water S2-cheeits/juice box	<b>THURSDAY</b> <b>4</b> <b>Center Closed</b>  Happy 4th of July!	<b>FRIDAY</b> <b>5</b> B-Cinn. Toast/milk L-pot roast with gravy/mashed potatoes/mix veggies/sliced pears S1-cheddar snack mix/juice S2-CC cookies/milk
<b>8</b> B-Cornflakes/raisins/milk L-Teriyaki chicken/brown rice/field peas/diced peaches S1-string cheese/crackers/juice S2-graham crackers/milk	<b>9</b> B- biscuit/jelly/milk L-hamburger steak/gravy/mash. Potatoes/green beans/pineapple S1-oatmeal cookies/milk S2-cheezits/juice box	<b>10</b> B-pancakes/blueberries/milk L-chicken dumplings/sweet peas/carrots/mand. oranges S1-hummus/pretzels/water S2-vanilla wafers/milk	<b>11</b> B-Eggs/milk L-turkey/cheese wraps/steamed broccoli/applesauce S1-sherbert/water S2- goldfish/water	<b>12</b> B-Cheese toast/craisins/milk L-spaghetti w/meat balls/corn/diced pears S1-snack mix/pineapple juice S2-WG cereal/milk
<b>15</b> B- WG cereal/NG bar/milk L-red beans/brown rice/cornbread/pineapple/ S1- string cheese/crackers/juice S2-CC cookies/milk	<b>16</b> B- waffles/craisins/milk L-Chicken/cheese wraps/black beans/diced pears S1-vanilla wafers/milk S2- goldfish/fruit/water	<b>17</b> B- Cinn. Toast/milk L-baked ham/sweet potatoes/green beans/mand. oranges S1-icecream cups/water S2- graham crackers/water	<b>18</b> B-muffins/bananas/milk L-chicken alfredo/sweet peas/carrots/jello w/fruit S1-yogurt/granola/water S2- cheezits/juice box	<b>19</b> B- biscuit/ham/milk L-grilled cheese/pinto beans/applesauce S1-wow butter/crackers/water S2-animal crackers/milk
<b>22</b> B- RC cereal/blueberries/milk L-BBQ chicken/baked beans/diced pears S1- cheese cubes/crackers/juice S2- oatmeal cookies/milk	<b>23</b> B- Cinn. Toast/milk L-WG cheese pizza/corn/mand. oranges S1-moonpies/milk S2- goldfish/water	<b>24</b> B-pancakes/strawberries/milk L-chicken nuggets/mash potatoes/field peas/diced peaches S1-snack mix/water S2- vanilla wafers/milk	<b>25</b> B-muffins/milk L-beef ravioli/green beans/pineapple S1-yogurt cups/water S2- graham crackers/milk	<b>26</b> B- biscuit/jelly/milk L-turkey & cheese on wheat/mix veggies/applesauce S1-strawberry Chex/milk S2- cheezits/juice box
<b>29</b> B- Cornflakes/raisins/milk L-chicken spag./sweet peas/carrots/mix fruit S1- cheese cubes/crackers/juice S2- graham crackers/milk	<b>30</b> B- waffles/craisins/milk L-Ham/cheese wraps/great northern beans/pineapple S1-House tortilla chips/salsa/water S2-Goldfish/fruit/water	<b>31</b> B- biscuit/ham/milk L-roast/gravy/brown rice/green beans/jello w/fruit S1- cheddar snack mix/juice S2-CC cookies/milk		

B = Breakfast / L = Lunch / Snack 1 is at 2pm / Snack 2 is at 4pm ( Milk at breakfast, Milk & Water at lunch, 100% Juice or water for Snack ) \*Fresh Fruit served when Available