

St. Paul Early Learning Center July 2020

MONDAY June 29 B-Cereal/milk/fruit L-red beans/rice/diced ham/peaches/milk S1-crackers/wow butter/water S2-goldfish/water	TUESDAY June 30 B-Grits/milk L-roast beef on wheat/steamed broccoli/pineapple/milk S1-mix fruit cup/crackers/water S2-graham crackers/water	WEDNESDAY July 1 B-biscuits/jelly/milk L-WG cheese pizza/corn/diced pears/milk S1-pudding/vanilla wafers/water S2-cheese crackers/water	THURSDAY 2 B-cheese toast/milk L-chicken-n-dumplings/sweet peas/carrots/mandarin oranges/milk S1-oatmeal cookies/milk S2-pretzels/water	FRIDAY 3 B-waffles/fruit/milk L-sloppy joe sliders/green beans/applesauce/milk S1-snack mix/juice S2-CC cookies/water
6 B- Cereal/milk/fruit L-spaghetti/meat sauce/over pasta/corn/pineapple S1-rice krispie/milk S2-goldfish/water	7 B-Cinn. Oatmeal/milk L-ham/cheese on wheat/black eyed peas/diced pears/milk S1-wow butter crackers/water S2-vanilla wafers/water	8 B-cinn. Toast/raisins/milk L-roast/gravy/rice/sweet peas/carrots/mand. Oranges/milk S1-snack mix/juice S2-animal crackers/water	9 B-muffins/banana/milk L-turkey wraps/mix veggies/diced peaches/milk S1-yogurt/cereal/water S2-graham crackers/water	10 B- biscuits/ham/milk L-grilled cheese/pinto beans/mix fruit/milk S1-applesauce/pretzels/water S2-cheese crackers/water
13 B- Cereal/milk/fruit L-poppy seed chicken/green beans/pears S1-stringcheese/crackers/grape juice S2-vanilla wafers/water	14 B-pancakes/fruit/milk L-baked ham/sweet potatoes/rolls/milk S1-mix fruit cup/crackers/water S2- goldfish/water	15 B- biscuits/jelly/milk L-chicken alfredo/sweet peas/carrots/diced peaches S1-animal crackers/raisins/water S2- graham crackers/water	16 B-muffins/banana/milk L-beef tacos/black beans/applesauce S1-yogurt/granola/water S2-cheese crackers/water	17 B-cheese toast/milk L-meatloaf/creamed potatoes/field peas/mand. oranges S1-oatmeal cookie/milk S2-cereal/water
20 B- Cereal/milk/fruit L-mac/cheese/diced ham/sweet peas/carrots/tropical fruit S1-sherbert/pretzels/water S2- goldfish/water	21 B- waffles/fruit/milk L-teriyaki chicken/rice/black eyed peas/diced pears S1-cheese cubes/crackers/water S2- graham crackers/water	22 B-eggs/milk L-turkey on wheat/great northern beans/pineapple S1-rice krispie treat/milk S2-crackers/wow butter/water	23 B- biscuits/ham/milk L-BBQ chicken/baked beans/rolls/diced peaches/milk S1-yogurt/cereal/water S2- cheese crackers/water	24 B-cheese toast/milk L-baked ham/green beans/rolls/applesauce/milk S1- snack mix/ pineapple juice S2- vanilla wafers/water
27 B- Cereal/milk/fruit L-WG cheese pizza/mix veggies/applesauce/milk S1-ice cream cup/water S2- goldfish/water	28 B- pancakes/fruit/milk L-Ham/cheese wraps/broccoli w/ranch/mand. Oranges/milk S1- string cheese/crackers/grape juice S2- CC cookies/water	29 B-grits/milk L- spaghetti/meat sauce/over pasta/corn/pineapple S1-pudding/vanilla wafers/water S2- animal crackers/water	30 B- muffins/banana/milk L- grilled cheese/pinto beans/mix fruit/milk S1-oatmeal cream pie/milk S2-pretzels/water	31 B-jelly biscuit/milk L- poppy seed chicken/green beans/pears S1-wow butter crackers/water S2-Rice krispie Treat/water
 <p>Happy 4th of July!</p>				

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