

St. Paul Early Learning Center July 2023

MONDAY 3 B-cornflakes/raisins/milk L-baked chicken rice casserole/creamed spinach/diced pears S1-cheese cubes/crackers/water S2-graham crackers/apple juice	TUESDAY 4 Center Closed 	WEDNESDAY 5 B-pancakes/strawberries/milk L-ham/cheese on wheat mix veggies/applesauce/milk S1-fig bar/milk S2-goldfish/grape juice	THURSDAY 6 B-biscuits/jelly/milk L-beef-a-roni/ corn/diced peaches/milk S1-sb yogurt/cheerios/water S2-animal crackers/string cheese/water	FRIDAY 7 B-cheese toast/sliced apples/imilk L-chicken/cheese quesadilla/black beans/mix fruit/milk S1-Ice Cream Sundaes S2-cheezits/craisins
10 B-rice Krispie cereal/blueberries/milk L-cheese pizza/mix veggies/applesauce/milk S1-oatmeal cookies/milk S2-goldfish/grape juice	11 B-cinnamon raisin toast/milk L-chicken teriyaki/field peas/mandarin oranges/milk S1-string cheese crackers/water S2-vanilla wafers/water	12 B-waffles/craisins/milk L-turkey/cheese wraps/pinto beans/tropical fruit/milk S1-salsa/chips/water S2-graham crackers/water	13 B-biscuits/ham L-roast/gravy/creamed potatoes/pineapple/milk S1-vanilla yogurt/cheerios/water S2-cheezits/apple juice	14 B-cheesy eggs/milk L-wow butter/jelly on wheat/green beans/diced pears/milk S1-blueberry muffins/milk S2-animal crackers/cheese cubes/water
17 B-cornflakes/raisins/nutrigrain bar/milk L-chicken spaghetti/sweet peas diced carrots/diced peaches/milk S1-rice Krispie treats/milk S2-goldfish/grape juice	18 B-oatmeal/milk S1-baked ham/sweet potato casserole/mandarin oranges/milk S2-oatmeal cookies/milk	19 B-pancakes/strawberries/milk L-red beans raisins/water /diced ham over brown rice/pineapple/milk S1-cheese cubes/crackers/water S2-vanilla wafers/raisins/water	20 B-muffins/banana/milk L-mac-n-cheese/rolls/field peas/diced pears/milk S1-strawberry yogurt/cheerios/water S2-cheezits/pineapple juice	21 B-biscuits/ham/milk L- Picnic with roast beef on wheat/chips/fruit snack/water S1-fig bars/milk S2-crackers/string cheese/water
24 B-rice Krispie treats/blueberries/milk L-bbq chicken/baked beans/mandarin oranges/milk S1-vanilla wafers/milk S2-goldfish/grape juice	25 B-grits/milk L-baked meatballs/rolls/creamed spinach/applesauce/milk S1-string cheese/crackers/water S2-animal crackers/raisins/water	26 B-waffles/strawberries/milk L-turkey/cheese on wheat/green beans/pineapple/milk S1-blueberry muffins/milk S2-smores cereal/water	27 B-biscuit/jelly/milk L-roast/gravy/creamed potatoes/mix veggies/diced pears/milk S1-vanilla yogurt/cheerios/water S2-cheezits/pineapple juice	28 B-cheese toast/craisins/milk L-chicken wraps/black beans/diced peaches/milk S1-snack mix/apple juice S2-graham crackers/wow butter/water
31 B-cornflakes/raisins/cereal bar/milk L-chicken alfredo/steamed broccoli/mix fruit/milk S1-oatmeal cookies/milk S2-goldfish/apple juice				

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