




St. Paul Early Learning Center July 2024

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
B-cornflakes/raisins/nutrigrain bar/milk L-chicken fried rice/mix veggies/pineapple/milk S1-cheese cubes/wg crackers/water S2-graham crackers/apple juice	B-pancakes/strawberries/milk L-WG cheese pizza/corn/mandarin oranges/milk S1-ricekrispie treats/milk S2-goldfish/grape juice	B-blueberry muffins/banana/milk L-turkey/cheese wraps/black beans/fruit cocktail/milk S1-trail mix/pineapple juice S2-animal crackers/craisins/water	Center Closed 	B-scrambled eggs with diced ham/sliced kiwi/milk L-grilled cheese on whole wheat/pinto beans/apple sauce/milk S1-greek vanilla yogurt/granola or cheerios/water S2-cheezit crackers/tropical fruit/water
8 B-rice Krispie cereal/blueberries/milk L-chicken nuggets/green beans/diced peaches/milk S1-cheese cubes/crackers/water S2-goldfish/apple juice	9 B-eggs/toast/tangerines/milk L-baked meatballs/creamed potatoes/field peas/pineapple/milk S1-hummus/pita bread/water S2-graham crackers/raisins/water	10 B-waffles/strawberries/milk L-ham/cheese on wheat/steamed broccoli/diced pears/milk S1-smores snack mix/milk S2-cheezit crackers/grape juice	11 B-cinnamon wheat toast/sliced apples/milk L-baked chicken/rolls/green beans/mandarin oranges/milk S1-strawberry yogurt/cheerios/water S2-vanilla wafers/string cheese/water	12 B-biscuits/ham/slice kiwi/milk L-wow butter on wheat/peas and diced carrots/mix fruit/milk S1-string cheese/crackers/water S2-animal crackers/pineapple juice
15 B-cheerios/blueberries milk L-bbq chicken/baked beans/rolls/diced peaches/milk S1-cheese cubes/crackers/water S2-graham crackers/raisins/water	16 B-cheese toast/cantaloupe/milk L-meatloaf/creamed potatoes/field peas/diced pears/milk S1-snack mix sliced apples/water S2-vanilla wafers/pudding/water	17 B-muffins/banana/milk L-mac-n-cheese/sweet peas/carrots/pineapple/milk S1-rice Krispie treats/milk S2-goldfish/craisins/water	18 B-grits/honey dew melon/milk L-turkey/cheese on wheat/mix veggies/applesauce/milk S1-vanilla Greek yogurt/granola/water S2-animal crackers/pineapple juice	19 B-pancakes strawberries/milk L-chicken wraps/green beans/mandarin oranges/milk S1-fig bar/milk S2-goldfish/grape juice
22 B-cornflakes/raisins/milk L-red beans/brown rice/cornbread/diced peaches/milk S1-string cheese/crackers/water S2-oatmeal cookies/apple juice	23 B-waffles/blueberries/milk L-baked ham/rolls/baked sweet potatoes/diced pears/milk S1-hummus/pita bread /water S2-graham crackers/wow butter/water	24 B-oatmeal/sliced apples/milk L-roast beef/cheese on wheat/green beans/applesauce/milk S1-smores snack mix/milk S2-cheezits/pineapple juice	25 B-eggs/toast/raspberries/milk L-beef taco/cheese/refried beans/tropical fruit/milk S1-strawberry yogurt/cheerios/water S2-vanilla wafers/cheese Cubes/water	26 B-cheese biscuits/mango L-baked chicken/creamed spinach/rolls/mandarin oranges/milk S1-rice Krispie treats/milk S2-goldfish/grape juice
29 B-rice Krispie cereal/blueberries/milk L-chicken jambalaya/sweet peas and carrots/mix fruit/milk S1-cheese cubes crackers/cheese cubes/grape juice S2-graham crackers/wow butter/water	30 B-pancakes/strawberries/milk L-cheese pizza/corn/diced pears/milk S1-snack mix/pineapple juice S2-animal crackers/applesauce/water	31 B-blueberry muffin/banana/milk L-turkey/cheese on wheat/steamed broccoli/diced peaches/milk S1-watermelon/multigrain crackers/water S2-cheezit crackers/craisins/water		

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