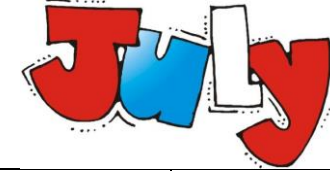





Lamb of God Early Childhood Ministry Monthly Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Lamb of God Early Childhood Ministry CLOSED</p> <p>July is...</p> <p>Grilling Month</p> <p>Picnic Month</p> <p>Berries Month</p> 	<p>Lamb of God Early Childhood Ministry CLOSED</p> <p>In observance of the Fourth of July</p> 	<p>Breakfast $\frac{1}{3}$ c whole-grain cereal¹ $\frac{1}{2}$ c scrumptious strawberries© $\frac{3}{4}$ c 1% milk</p> <p>Lunch whole grain penne w chicken and alfredo sauce $\frac{1}{4}$ c broccoli $\frac{1}{4}$ c applesauce $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Goldfish crackers $\frac{3}{4}$ c 1% milk</p>	<p>Breakfast blueberry waffles w/ 1 tbsp low calorie syrup $\frac{1}{2}$ c blueberries $\frac{3}{4}$ c 1% milk</p> <p>Lunch sloppy Joe on whole grain bun $\frac{1}{4}$ c corn $\frac{1}{4}$ apple slices $\frac{3}{4}$ c 1% milk</p> <p>PM Snack trail mix (Chex, Craisins, banana chips, Cheerios) $\frac{3}{4}$ c 1% milk</p>	<p>Breakfast 2 oz yummy yogurt $\frac{1}{2}$ c banana slices © $\frac{1}{3}$ c rolled oats $\frac{3}{4}$ c 1% milk</p> <p>Lunch grilled turkey and cheese sandwich on whole grain bread $\frac{1}{4}$ c garden salad $\frac{1}{4}$ c fresh mandarins $\frac{3}{4}$ c 1% milk</p> <p>PM Snack graham crackers $\frac{3}{4}$ c 1% milk</p>
10	11	12	13	14
<p>Breakfast $\frac{1}{3}$ c whole-grain cereal¹ $\frac{1}{2}$ cup banana slices $\frac{3}{4}$ c 1% milk</p> <p>Lunch popcorn chicken $\frac{1}{4}$ c mixed veggies (A) © $\frac{1}{4}$ c mandarin oranges (A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack 1 Nutri-Grain cereal bar¹ 4 oz 100% Juice ©</p>	<p>Breakfast $\frac{1}{2}$ slice whole-grain terrific toast¹ w/ 1 tsp all-fruit spread $\frac{1}{2}$ c apple slices $\frac{3}{4}$ c 1% milk</p> <p>Lunch cheese pita pizza $\frac{1}{4}$ c steamed corn (A) $\frac{1}{4}$ c pineapple (A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack garlic breadsticks w pasta sauce $\frac{3}{4}$ c 1% milk</p>	<p>Breakfast scrambled eggs $\frac{1}{2}$ c fresh orange sections© $\frac{3}{4}$ c 1% milk</p> <p>Lunch BBQ chicken sandwich w cole slaw $\frac{1}{4}$ c steamed peas (A) © $\frac{1}{4}$ c diced pears © dinner roll $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Ritz Crackers¹ w cheddar cheese cubes</p>	<p>Breakfast mini bagels¹ w 1 tsp cream cheese $\frac{1}{2}$ c awesome applesauce $\frac{3}{4}$ c 1% milk</p> <p>Lunch 1 corn dog $\frac{1}{4}$ c cooked carrots $\frac{1}{4}$ c fruit cocktail (A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack (1) bag pretzels 1 oz string cheese</p>	<p>Discovery Center</p> <p>Breakfast 2 oz yummy yogurt $\frac{1}{2}$ c scrumptious strawberries© $\frac{1}{3}$ c granola¹ $\frac{3}{4}$ c 1% milk</p> <p>Lunch turkey and cheese wrap $\frac{1}{4}$ c carrot sticks/cherry tomatoes w ranch $\frac{1}{4}$ c clementine $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Goldfish crackers $\frac{3}{4}$ c 1% milk</p>

Children under the age of 2 are served whole milk where 1% milk is noted on the menu.

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">17</p> <p>Breakfast $\frac{1}{3}$ c whole-grain cereal¹ $\frac{1}{2}$ c scrumptious strawberries© $\frac{3}{4}$ c 1% milk</p> <p>Lunch whole grain penne w chicken and alfredo sauce $\frac{1}{4}$ c brocolli $\frac{1}{4}$ applesauce $\frac{3}{4}$ c 1% milk</p> <p>PM Snack Goldfish crackers $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">18</p> <p>Breakfast 2 oz yummy yogurt $\frac{1}{2}$ c banana slices © $\frac{1}{3}$ c rolled oats $\frac{3}{4}$ c 1% milk</p> <p>Lunch grilled turkey and cheese sandwich $\frac{1}{4}$ c garden salad $\frac{1}{4}$ c fresh mandarins $\frac{3}{4}$ c 1% milk</p> <p>PM Snack $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">19</p> <p>Breakfast mini bagels¹ w 1 tsp cream cheese $\frac{1}{2}$ c awesome applesauce $\frac{3}{4}$ c 1% milk</p> <p>Lunch chicken nuggets $\frac{1}{4}$ c cooked carrot $\frac{1}{4}$ c fruit cocktail (A)© $\frac{3}{4}$ c 1% milk</p> <p>PM Snack (1) bag pretzels 1 oz string cheese</p>	<p style="text-align: right;">20</p> <p>Breakfast blueberry waffles w/ 1 tbsp low calorie syrup $\frac{1}{2}$ c blueberries $\frac{3}{4}$ c 1% milk</p> <p>Lunch hot ham and cheese on bun $\frac{1}{4}$ c corn $\frac{1}{4}$ c peaches $\frac{3}{4}$ c 1% milk</p> <p>PM Snack graham crackers $\frac{3}{4}$ c 1% milk</p>	<p style="text-align: right;">21</p> <p>Breakfast cheesy toast $\frac{1}{2}$ c apple slices $\frac{3}{4}$ c 1% milk</p> <p>Lunch sloppy Joe on bun $\frac{1}{4}$ c peas $\frac{1}{4}$ pineapple $\frac{3}{4}$ c 1% milk</p> <p>PM Snack trail mix (Chex, craisins, Cheerios) $\frac{3}{4}$ c 1% milk</p>

<p style="text-align: right;">24</p> <p>Breakfast ½ slice whole-grain terrific toast¹ w/ 1 tsp all-fruit spread ½ c apple slices ¾ c 1% milk</p> <p>Lunch cheese pita pizza ¼ c steamed peas (A) © ¼ c mandarin oranges (A)© ¾ c 1% milk</p> <p>PM Snack frozen banana pops ¾ c 1% milk</p>	<p style="text-align: right;">25</p> <p>Breakfast scrambled eggs w ½ pita ½ c fresh orange sections© ¾ c 1% milk</p> <p>Lunch chicken quesadilla ¼ c corn ¼ c diced pears © dinner roll ¾ c 1% milk</p> <p>PM Snack Ritz Crackers¹ w cheddar cheese cubes</p>	<p style="text-align: right;">26</p> <p>Breakfast ⅓ c whole-grain cereal¹ ½ cup banana slices ¾ c 1% milk</p> <p>Lunch popcorn chicken ¼ c mixed veggies (A) © ¼ c fruit cocktail ¾ c 1% milk</p> <p>PM Snack 1 Nutri-Grain cereal bar¹ 4 oz 100% Juice ©</p>	<p style="text-align: right;">27</p> <p>Breakfast 2 oz yummy yogurt ½ c scrumptious strawberries© ⅓ c granola¹ ¾ c 1% milk</p> <p>Lunch cheese pita pizza ¼ c cooked carrots ¼ c peaches ¾ c 1% milk</p> <p>PM Snack Goldfish crackers ¾ c 1% milk</p>	<p style="text-align: right;">Lunch Bunch 28</p> <p>Breakfast mini bagel ½ c applesauce ¾ c 1% milk</p> <p>Grilling Day!! Lunch 1 ½ oz beef hamburger or all beef hot dog ¼ c baked beans ¼ c pineapple © Baked Lays ¾ c 1% milk</p> <p>PM Snack saltine crackers and raisins ¾ c 1% milk</p>
<p style="text-align: right;">31</p> <p>Breakfast ⅓ c whole-grain cereal¹ ½ c scrumptious strawberries© ¾ c 1% milk</p> <p>Lunch Lasagna roll up w meat sauce ¼ c broccoli ¼ applesauce ¾ c 1% milk</p> <p>PM Snack Goldfish crackers ¾ c 1% milk</p>	<p style="text-align: center;">Cooking Day 1</p> <p>Breakfast blueberry waffles w/ 1 tbsp low calorie syrup ½ c apple slices ¾ c 1% milk</p> <p>Lunch sloppy Joe on bun ¼ c cooked carrots ¼ c pineapples ¾ c 1% milk</p> <p>PM Snack apple cinnamon quesadillas ¾ c 1% milk</p>		<p style="text-align: center;">Hooray! Hooray! It's cooking day ...</p> <p style="text-align: center;">“Apple Pie Quesadillas”</p> <p>You will need: flour tortillas, apple pie filling, cinnamon, caramel</p> <p>Instructions: spread pie filling on flour tortilla, place in warm pan, top with tortilla, flip when ready, sprinkle with cinnamon and caramel</p>	<p>It is our goal at Lamb of God to provide healthy and varied menu options.</p> <p>Each month at least one new menu item is introduced. New menu items are highlighted in yellow</p> <p>Families are encouraged to join us anytime for lunch, especially on our special lunch days highlighted in green</p>

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Menu Codes: (A) = Vitamin A, served at least twice a week

© = Vitamin C, served each day

1 = Iron, served each day

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