

# Meadow Oaks Academy

# 2024 JULY Menu

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <p>1</p> <p><b>Breakfast:</b><br/>WG Cheerio's, Fresh Apples, Milk, Water</p> <p><b>Lunch:</b><br/>Crispy Chicken Melt, WG Bun, pickles, Potato Wedges, Baked Beans, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Cheese It's, Fresh Pears, Water</p>  | <p>2</p> <p><b>Breakfast:</b><br/>French Toast, Fresh Bananas, Milk, Water</p> <p><b>Lunch:</b><br/>Beef &amp; Cheese Soft Tacos, WG Tortillas, Refried Beans, Corn, Milk, Water</p> <p><b>PM Snack:</b><br/>Wheat Crackers, Sliced Cheese, Water</p>  | <p>3</p> <p><b>Breakfast:</b><br/>Egg &amp; Cheese Quiche, Fresh Oranges, Milk, Water</p> <p><b>Lunch:</b><br/>WG Pepperoni Pizza, Salad, Cooked Carrots, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Strawberry Yogurt Chex Cheese Stick, Water</p>  | <p>4</p> <p style="text-align: center;"><b>CLOSED</b></p> <div style="text-align: center;">  <p><b>4TH OF JULY</b></p> </div>  | <p>5</p> <p><b>Breakfast:</b><br/>WG Waffles, Fresh Apples, Milk, Water</p> <p><b>Lunch:</b><br/>WG Italian Turkey &amp; Cheese Hoagie, Green Beans, Sliced Pickles, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Ritz Crackers, Sliced Cheese, Water</p>                  |
| <p>8</p> <p><b>Breakfast:</b><br/>WG Cinn. Chex Cereal, Fresh Apples, Milk, Water</p> <p><b>Lunch:</b><br/>Baked Chicken Corndog Potato Wedges, Baked Beans, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Goldfish, Fresh Oranges, Water</p>           | <p>9</p> <p><b>Breakfast:</b><br/>WG Waffles, Fresh Bananas, Milk, Water</p> <p><b>Lunch:</b><br/>Chicken &amp; Cheese Fajita's, WG Tortilla, Refried Beans, Corn, Milk, Water</p> <p><b>PM Snack:</b><br/>Honey Grahams, Fresh Apples, Water</p>      | <p>10</p> <p><b>Breakfast:</b><br/>Potato &amp; Egg Quiche, Fresh Oranges, Milk, Water</p> <p><b>Lunch:</b><br/>WG Cheese Pizza, Salad, Cooked Carrots, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Club Crackers, Cheese Stick, Water</p>            | <p>11</p> <p><b>Breakfast:</b><br/>Buttered Toast, Fresh Pears, Milk, Water</p> <p><b>Lunch:</b><br/>Meatloaf w/Red Sauce, Mashed Potatoes, Cooked Broccoli, Garlic Bread Stick, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Chex Mix, Bananas, Water</p>   | <p>12</p> <p><b>Breakfast:</b><br/>WG Strawberry Yogurt Chex Fresh Bananas, Milk, Water</p> <p><b>Lunch:</b><br/>Turkey Swiss Croissant Sandwich, Green Beans, Sliced Pickles, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Saltine Crackers, Sliced Cheese, Water</p>     |
| <p>15</p> <p><b>Breakfast:</b><br/>WG Cheerio's, Fresh Apples, Milk, Water</p> <p><b>Lunch:</b><br/>Cheeseburger, WG Bun pickles, Potato Wedges, Baked Beans, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Cheese It's, Fresh Pears, Water</p>         | <p>16</p> <p><b>Breakfast:</b><br/>French Toast, Fresh Bananas, Milk, Water</p> <p><b>Lunch:</b><br/>WG Chicken Quesadilla, Refried Beans, Corn, Milk, Water</p> <p><b>PM Snack:</b><br/>Wheat Crackers, Sliced Cheese, Water</p>                      | <p>17</p> <p><b>Breakfast:</b><br/>Egg &amp; Cheese Quiche, Fresh Oranges, Milk, Water</p> <p><b>Lunch:</b><br/>WG Pepperoni Pizza, Salad, Cooked Carrots, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Strawberry Yogurt Chex Cheese Stick, Water</p> | <p>18</p> <p><b>Breakfast:</b><br/>Buttered Toast, Fresh Pears, Milk, Water</p> <p><b>Lunch:</b><br/>Meat Balls with Brown Gravy, Mashed Potatoes, Cooked Broccoli, WG Garlic Breadstick, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Chex Mix Pretzels, Fresh Oranges, Water</p>   | <p>19</p> <p><b>Breakfast:</b><br/>WG Waffles, Fresh Apples, Milk, Water</p> <p><b>Lunch:</b><br/>Cold Cut Combo, WG Hoagie Sandwich, Green Beans, Sliced Pickles, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Ritz Crackers, Sliced Cheese, Water</p>                    |
| <p>22</p> <p><b>Breakfast:</b><br/>WG Cinn. Chex Cereal, Fresh Apples, Milk, Water</p> <p><b>Lunch:</b><br/>Classic Hot Dog , WG Bun Potato Wedges, Baked Beans, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Goldfish, Fresh Oranges, Water</p>       | <p>23</p> <p><b>Breakfast:</b><br/>WG Waffles, Fresh Bananas, Milk, Water</p> <p><b>Lunch:</b><br/>WG Chicken &amp; Cheese Crispito's, Refried Beans Corn, Milk, Water</p> <p><b>PM Snack:</b><br/>Honey Grahams, Fresh Apples, Water</p>              | <p>24</p> <p><b>Breakfast:</b><br/>Potato &amp; Egg Quiche, Fresh Oranges, Milk, Water</p> <p><b>Lunch:</b><br/>WG Cheese Pizza, Salad, Cooked Carrots, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Club Crackers, Cheese Stick, Water</p>            | <p>25</p> <p><b>Breakfast:</b><br/>Buttered Toast, Fresh Pears, Milk, Water</p> <p><b>Lunch:</b><br/>WG Chicken smackers, Mashed Potatoes, Cooked Broccoli, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Chex Mix, Bananas, Water</p>  | <p>26</p> <p><b>Breakfast:</b><br/>WG Strawberry Yogurt Chex Fresh Bananas, Milk, Water</p> <p><b>Lunch:</b><br/>Chicken &amp; Cheese Club Croissant, Green Beans, Sliced Pickles, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Saltine Crackers, Sliced Cheese, Water</p> |
| <p>29</p> <p><b>Breakfast:</b><br/>WG Cheerio's, Fresh Apples, Milk, Water</p> <p><b>Lunch:</b><br/>Crispy Chicken Melt, WG Bun, pickles, Potato Wedges, Baked Beans, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Cheese It's, Fresh Pears, Water</p> | <p>30</p> <p><b>Breakfast:</b><br/>French Toast, Fresh Bananas, Milk, Water</p> <p><b>Lunch:</b><br/>Beef &amp; Cheese Soft Tacos, WG Tortillas, Refried Beans, Corn, Milk, Water</p> <p><b>PM Snack:</b><br/>Wheat Crackers, Sliced Cheese, Water</p> | <p>31</p> <p><b>Breakfast:</b><br/>Egg &amp; Cheese Quiche, Fresh Oranges, Milk, Water</p> <p><b>Lunch:</b><br/>WG Pepperoni Pizza, Salad, Cooked Carrots, Milk, Water</p> <p><b>PM Snack:</b><br/>WG Strawberry Yogurt Chex Cheese Stick, Water</p> | <p><b>WWG – Whole Grain</b></p> <p>* All Students under the age of 2 years old, are given Whole Milk.</p> <p>* All Students 2 years and older are given 1% Milk with Breakfast and Lunch.</p> <p>* All students are served water</p> <div style="text-align: right;">  </div> |  |