



July 2024 Cold Meal Menu



Mon		Tue		Wed		Thu		Fri / Sat / Sun	
1		2		3		4		5/6/7	
WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Apples 1% Low Fat Milk (0.5pt) Tajin		Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup		Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Baby Carrots x 2 (3.2 oz) Fresh Apples 1% Low Fat Milk (0.5pt) Ranch		Independence Day Holiday		Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) BBQ Sauce	
Mon		Tue		Wed				Thu	
8		9		10		11		12/13/14	
WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Grapes 1% Low Fat Milk (0.5pt) Tajin		Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup		Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Baby Carrots x 2 (3.2 oz) Fresh Grapes 1% Low Fat Milk (0.5pt) Ranch		WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)		Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Vegetable Cup (4oz) Fresh Oranges 1% Low Fat Milk (0.5pt) BBQ Sauce	
Mon		Tue		Wed		Thu		Fri / Sat / Sun	
15		16		17		18		19/20/21	
WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Apples 1% Low Fat Milk (0.5pt) Tajin		Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt). Mayo/Mustard/Ketchup		Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Baby Carrots x 2 (3.2 oz) Fresh Apples 1% Low Fat Milk (0.5pt) Ranch		WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)		Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) BBQ Sauce	
Mon		Tue		Wed		Thu		Fri / Sat / Sun	
22		23		24		25		26/27/28	
WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Grapes 1% Low Fat Milk (0.5pt) Tajin		Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup		Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Baby Carrots x 2 (3.2 oz) Fresh Grapes 1% Low Fat Milk (0.5pt) Ranch		WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)		Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Vegetable Cup (4oz) Fresh Oranges 1% Low Fat Milk (0.5pt) BBQ Sauce	
Mon		Tue		Wed		Thu		Fri / Sat / Sun	
29		30		31		1		2/3/4	
WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Apples 1% Low Fat Milk (0.5pt) Tajin		Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt). Mayo/Mustard/Ketchup		Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Baby Carrots x 2 (3.2 oz) Fresh Apples 1% Low Fat Milk (0.5pt) Ranch		WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)		Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) BBQ Sauce	
Acronyms WGR: Whole Grain Rich Note: All main component food items have CN label		Identification of mixed foods Mixed Fruit Cup: diced pears, peaches, and Cherries. Vegetable cup may be one of: peas & carrots, peas, corn, green beans, or carrots.		Required Disclaimers Children 24 months and older will be served 1% or fat free milk Water is available to all participants through a water fountain This Institution is an Equal Opportunity Provider				Special Notes This menu may change without notice due to supply issues Items are delivered and served cold	