






July 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast				1 French Toast Sticks w/syrup/cinn., pears	2 Cereal w/milk, raisins	
Lunch				Chicken w/Rice and gravy, wheat roll, carrots, pineapples	Cheese sandwich, chips/puffs, peaches	
PM Snack				Yogurt, graham crackers	Orange slices, fishes	
Breakfast	5 CLOSED In observance of Independence Day	6 Whole Grain Pop tart, fruit cocktail	7 Bagel w/ cream Cheese, mandarin oranges	8 Cereal w/milk, blueberries	9 Waffle Sticks w/syrup/cinn, raisins	
Lunch		PB&J or Soy/Jelly Sandwich, chips/cheese curls, pears	Swedish Meatballs w/ gravy, wheat roll, mashed potatoes, pineapples	Hot dog and beans, corn muffin, applesauce	Hoagie w/fixings (Pres/School Age) Bologna/cheese (Tod), chips/cheese curls, apple	
PM Snack		Rice Crispy Treat	String cheese, grapes	Cookies and Milk	Graham crackers w/PB or marshmallow cream	
Breakfast	12 Cereal bar, peaches	13 Cereal w/milk, pears	14 Muffin, strawberries	15 French Toast Sticks w/syrup/cinn., raisins	16 Bagel w/cream cheese, mandarin oranges	Milk served with every meal!
Lunch	PB&J or Soy/Jelly Sandwich, chips/cheese curls, ½ banana	Chicken w/ Rice and gravy, wheat roll, carrots, pineapples	Mini corn dogs, green beans, mashed potatoes	Mac/Cheese w/hot dog, slices, muffin, fruit cocktail	Chicken Fries, corn, applesauce	
PM Snack	Yogurt, graham cookies	Orange slices, fishes	Rice Crispy Treat	String cheese, grapes	Granola bar	
Breakfast	19 Whole Grain Pop Tart, pears	20 Cereal w/milk and banana	21 Bagel w/ cream cheese, strawberries	22 Muffin, fruit cocktail	23 Waffle Sticks w/syrup/cinn,raisins	
Lunch	PB&J or Soy/Jelly Sandwich, chips/cheese curls, grapes	Swedish Meatballs w/gravy, wheat roll, mashed potatoes, pineapples	Mac/Cheese w/hot dog slices , muffin, peaches	Chicken Nuggets, corn, applesauce	Hoagie w/fixings (Pres/School Age) Bologna/cheese (Tod), chips/cheese curls, apple	
PM Snack	Cookies and Milk	Graham crackers w/PB or marshmallow cream	Yogurt graham cookies	Orange slices, fishes	Rice Crispy Treat	
Breakfast	26 Cereal bar, peaches	27 Cereal w/milk and blueberries	28 Muffin, strawberries	29 French Toast Sticks w/syrup/cinn., raisins	30 Bagel w/cream cheese, pears	
Lunch	Pizza Day, Salad w/ranch dressing	Mini corn dogs, french fries, green beans	Chicken Fries, mashed potatoes, mandarin oranges	Chicken w/Rice and gravy, carrots, pineapple	Mac/Cheese w/hot dog slices, muffin, fruit cocktail	
PM Snack	String cheese, grapes	Granola bar	Cookies and Milk	Graham crackers w/PB or Marshmallow cream	Yogurt, graham cookies	

Note: there are occasions when a fruit or vegetable listed on the menu must be substituted for a different variety of fruit or vegetable. Be sure to inform the director at your center of any food allergy your child may have. Questions concerning the menu, please call 610-583-2273 x114.



INFANT MENU - July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
				1 Formula Cereal Fruit/Vegetable	2 Formula Cereal Fruit/Vegetable	
	5 CLOSED In observance of Independence Day	6 Formula Cereal Fruit/Vegetable	7 Formula Cereal Fruit/Vegetable	8 Formula Cereal Fruit/Vegetable	9 Formula Cereal Fruit/Vegetable	
	12 Formula Cereal Fruit/Vegetable	13 Formula Cereal Fruit/Vegetable	14 Formula Cereal Fruit/Vegetable	15 Formula Cereal Fruit/Vegetable	16 Formula Cereal Fruit/Vegetable	
	19 Formula Cereal Fruit/Vegetable	20 Formula Cereal Fruit/Vegetable	21 Formula Cereal Fruit/Vegetable	22 Formula Cereal Fruit/Vegetable	23 Formula Cereal Fruit/Vegetable	
	26 Formula Cereal Fruit/Vegetable	27 Formula Cereal Fruit/Vegetable	28 Formula Cereal Fruit/Vegetable	29 Formula Cereal Fruit/Vegetable	30 Formula Cereal Fruit/Vegetable	