

Monthly Menu Plan (Non-Infant)

Sponsor: CHILD CARE RESOURCES INC.
(855) 427-2888

Month of: July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>B: Turkey Sausage, Oatmeal, WG (1oz eq/28g/1/2c)(WG), --, Mixed Fruit, Lowfat Milk - 1%</p> <p>Oatmeal</p> <p>L: American Cheese (100% cheese), Brown Rice, WG (1oz/28g)(WG), Broccoli, Pears, Lowfat Milk - 1%</p> <p>P: --, Whole Grain Chips(WG), Salsa, --, --</p> <p>Chips & Salsa</p> <p>D: Mozzarella Cheese, Penne Pasta(WG), Carrots, Pears, Lowfat Milk - 1%</p> <p>Veggie Alfredo</p>	<p>2</p> <p>B: Turkey Bacon, Bread - 100% Whole Wheat(WG), Peppers, Green, Applesauce, Lowfat Milk - 1%</p> <p>Breakfast Hash</p> <p>L: Turkey Ground, Brown Rice, WG (1oz/28g)(WG), Tomatoes Fresh, Stewed, Applesauce, Lowfat Milk - 1%</p> <p>Mexican Rice</p> <p>P: --, Bread - Whole Grain (WG)(WG), --, Bananas, --</p> <p>Banana Bread</p> <p>D: Beef Ground, Whole Grain Chips(WG), Salsa, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Beef Nachos</p>	<p>3</p> <p>B: Turkey Sausage, Toast WG(1oz eq/28gm)(WG), --, Mixed Fruit, Lowfat Milk - 1%</p> <p>Mixed Berry Parfaits</p> <p>L: Beef Ground, Macaroni Noodles (1oz eq/28g)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Chili Mac</p> <p>P: --, Bran Chex-WGR(WG), --, Raisins/Dried Fruit, --</p> <p>Trail Mix</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Peppers, Green, Applesauce, Lowfat Milk - 1%</p> <p>Dirty Rice</p>	<p>4</p> <p>B: Turkey Sausage, Bread - Whole Grain (WG)(WG), --, Mixed Fruit, Lowfat Milk - 1%</p> <p>Breakfast Sandwiches</p> <p>L: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Mixed Vegetables, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>Dirty Rice</p> <p>D: Turkey Ground, Pasta Misc (WG 1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Turkey Stroganoff</p>	<p>5</p> <p>B: Turkey Sausage, Bread - Whole Grain (WG)(WG), --, Mixed Fruit, Lowfat Milk - 1%</p> <p>French Toast casserole</p> <p>L: Turkey Ground, Pasta Misc (WG)(WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Turkey Stroganoff</p> <p>P: --, Bread - Whole Grain (WG)(WG), --, Apples, --</p> <p>Apple Spice Bread</p> <p>D: Beef Ground, Macaroni Noodles (1oz eq/28g)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Chili Mac</p>	<p>6</p>

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7	8	9	10	11	12	13
	<p>B: Turkey Sausage, Oatmeal / Oats (Plain) 1oz/28g, 1/2c(WG), --, Mixed Fruit, Lowfat Milk - 1%</p> <p>Oatmeal</p> <hr/> <p>L: --, Rolls-WGR(WG), Lettuce / Salad, fresh, Applesauce, Lowfat Milk - 1%</p> <p>Roasted Veg salad</p> <hr/> <p>P: --, Cheese Crackers (1oz/22g)(WG), --, Oranges / Tangerines / Tangelos, -- Fruit & Crackers</p> <hr/> <p>D: Kidney Beans, Brown Rice, WG (1oz/28g)(WG), Onions / Onion Rings, Applesauce, Lowfat Milk - 1%</p> <p>Red Beans & Rice</p>	<p>B: Turkey Bacon, Toast WG(1oz eq/28gm)(WG), Peppers, Green, Mixed Fruit, Lowfat Milk - 1%</p> <p>Frittatas</p> <hr/> <p>L: Turkey Ground, Brown Rice, WG (1oz/28g)(WG), Lettuce And Tomato, Applesauce, Lowfat Milk - 1%</p> <p>Burrito Bowls</p> <hr/> <p>P: --, Oatmeal / Oats (Plain) 1oz/28g, 1/2c(WG), --, Bananas, -- Choc Chip Bars</p> <hr/> <p>D: Beef Ground, Whole Grain Chips(WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Taco Pie</p>	<p>B: Turkey Bacon, Toast WG(1oz eq/28gm)(WG), --, Mixed Fruit, Lowfat Milk - 1%</p> <p>Parfait</p> <hr/> <p>L: Chicken Breasts, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Cucumbers, Mixed Fruit, Lowfat Milk - 1%</p> <p>Chicken Pasta Salad</p> <hr/> <p>D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Mongolian beef</p>	<p>B: Turkey Ground, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Onions / Onion Rings, Pears, Lowfat Milk - 1%</p> <p>Breakfast Tacos</p> <hr/> <p>L: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Mixed Vegetables, Lowfat Milk - 1%</p> <p>Mongolian Beef</p> <hr/> <p>D: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Turkey Stir-fry</p>	<p>B: Turkey Sausage, Buns - Whole Grain (1oz/28g)(WG), --, Bananas, Lowfat Milk - 1%</p> <p>Banana Bread</p> <hr/> <p>L: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Turkey Stir Fry</p> <hr/> <p>D: Chicken Breasts, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Cucumbers, Applesauce, Lowfat Milk - 1%</p> <p>Chicken Pasta Salad</p>	

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14	<p>15</p> <p>B: Turkey Sausage, Oatmeal, WG (1oz eq/28g/1/2c)(WG), --, Berries (Mixed), Lowfat Milk - 1%</p> <p>Oatmeal</p> <p>L: --, Pasta Misc (WG) (WG), Tomato Sauce / Paste, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Tomato Basil Pasta</p> <p>D: Chickpeas/Hummus, Rolls-WGR(WG), Mixed Vegetables, Pears, Lowfat Milk - 1%</p> <p>Veg Shephard's Pie</p>	<p>16</p> <p>B: Turkey Sausage, Toast WG(1oz eq/28gm) (WG), Peppers, Green, Applesauce, Lowfat Milk - 1%</p> <p>Hash</p> <p>L: Beef Ground, Pasta Misc (WG 1oz eq/28gm/1/2c)(WG), Spaghetti Sauce, Mixed Fruit, Lowfat Milk - 1%</p> <p>Taco pasta</p> <p>D: Turkey Ground, Flour Tortillas (1oz eq/28g)(WG), Lettuce / Salad, fresh, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>Turkey Taco</p>	<p>17</p> <p>B: Turkey Sausage, Toast WG(1oz eq/28gm) (WG), --, Berries (Mixed), Yogurt (Adult Ctrs Only - Once Per Day)</p> <p>Parfait</p> <p>L: Chickpeas/Hummus, Rolls-WGR(WG), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>Salad</p> <p>D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>Cheeseburger Pasta</p>	<p>18</p> <p>B: Turkey Bacon, Bread - Whole Grain (WG)(WG), Potatoes, fresh, all sizes, Mixed Fruit, Lowfat Milk - 1%</p> <p>Sandwiches</p> <p>L: Beef Ground, Pasta Misc (WG 1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Cheeseburger Pastas</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Curry Chicken Stew</p>	<p>19</p> <p>B: Turkey Bacon, French Toast- WGR (1 oz eq/28g)(WG), --, Mixed Fruit, Lowfat Milk - 1%</p> <p>French Toast Casserole</p> <p>L: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Curry Chicken Stew</p> <p>D: Chickpeas/Hummus, Rolls-WGR(WG), Garden Salad, Mixed Fruit, Lowfat Milk - 1%</p> <p>Salad</p>	<p>20</p> <p>B: Turkey Sausage, Oat Squares, --, Berries (Mixed), Lowfat Milk - 1%</p> <p>Oatmeal</p> <p>L: Cheddar Cheese, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Broccoli, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Broc Casserole</p> <p>D: Cheddar Cheese, Elbow Pasta (1oz eq/28gm/1/2c), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Mac & cheese</p>

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<p>21</p> <p>B: Turkey Bacon, Toast WG(1oz eq/28gm)(WG), Peppers, Green, Mixed Fruit, Lowfat Milk - 1%</p> <p>Frittatas</p> <p>L: Beef Ground, Whole Grain Chips(WG), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>Taco Salad</p> <p>D: Chicken Breasts, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Peppers, Green, Applesauce, Lowfat Milk - 1%</p> <p>Chicken Fajita</p>	<p>22</p> <p>B: Turkey Bacon, Oatmeal / Oats (Plain) 1oz/28g, 1/2c(WG), --, Berries (Mixed), Lowfat Milk - 1%</p> <p>Oatmeal</p> <p>L: Mozzarella Cheese, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Broccoli, Applesauce, Lowfat Milk - 1%</p> <p>Broc casserole</p> <p>D: Cheddar Cheese, Elbow Pasta (1oz eq/28gm/1/2c), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Mac & Cheese</p>	<p>23</p> <p>B: Turkey Sausage, Toast WG(1oz eq/28gm)(WG), Onions / Onion Rings, Mixed Fruit, Lowfat Milk - 1%</p> <p>Frittatas</p> <p>L: Beef Ground, Whole Grain Chips(WG), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>taco salad</p> <p>D: Chicken Breasts, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Peppers, Green, Applesauce, Lowfat Milk - 1%</p> <p>Chicken fajitas</p>	<p>24</p> <p>B: Turkey Sausage, Toast WG(1oz eq/28gm)(WG), --, Berries (Mixed), Lowfat Milk - 1%</p> <p>Parfaits</p> <p>L: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Broccoli, Applesauce, Lowfat Milk - 1%</p> <p>Chicken Broccoli Rice</p> <p>D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/1/2c)(WG), Tomato Sauce / Paste, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Goulash</p>	<p>25</p> <p>B: Turkey Bacon, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Onions / Onion Rings, Mixed Fruit, Lowfat Milk - 1%</p> <p>Breakfast Tacos</p> <p>L: Beef Ground, Pasta Misc (WG 1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Goulash</p> <p>D: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Pears, Lowfat Milk - 1%</p> <p>Turk Stir fry</p>	<p>26</p> <p>B: Turkey Bacon, Bagel-Whole Grain (WG)(WG), Potatoes, fresh, all sizes, Bananas, Lowfat Milk - 1%</p> <p>Banana Bread</p> <p>L: Turkey Ground, Brown Rice, WG (1oz/28g)(WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Turk Stir Fry</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Broccoli, Applesauce, Lowfat Milk - 1%</p> <p>Chicken Broccoli Rice</p>	<p>27</p>

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28	<p>29</p> <p>B: Turkey Sausage, Oatmeal / Oats (Plain) 1oz/28g, 1/2c(WG), Potatoes, fresh, all sizes, Applesauce, Lowfat Milk - 1% Oatmeal</p> <p>L: Mozzarella Cheese, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Onions / Onion Rings, Pears, Lowfat Milk - 1% Veg Goulash</p> <p>D: Other Beans, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Tomatoes Fresh, Stewed, Pears, Lowfat Milk - 1% Beans & Rice</p>	<p>30</p> <p>B: Turkey Sausage, French Toast- WGR (1 oz eq/28g)(WG), Potatoes, fresh, all sizes, Mixed Fruit, Lowfat Milk - 1% Hash</p> <p>L: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Peppers, Green, Mixed Fruit, Lowfat Milk - 1% Arroz Con Parvo</p> <p>D: Beef Ground, Corn Tortillas (1oz/28g)(WG), Black Beans, Mixed Fruit, Lowfat Milk - 1% Mex Lasagna</p>	<p>31</p> <p>B: Turkey Sausage, Toast WG(1oz eq/28gm) (WG), Potatoes, fresh, all sizes, Mixed Fruit, Lowfat Milk - 1% Parfait</p> <p>L: Turkey Ground, Buns - Whole Wheat WG (1oz/28g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Sloppy Joe</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Curry Chicken</p>			