

JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 WG Cheerios, apple & milk Pasta w/ sauce and ground beef, plums & milk Goldfish crackers & pear	2 WG Chex cereal, orange & milk Black beans & rice (vegan) with corn, banana & milk Graham crackers & milk	3 CLOSED
6 Rice Krispies, pear & milk Hummus & pita (Vegan, contains sesame) peeled baby carrots, apples & milk WG snack mix & apple	7 WG oat bran muffins (contains egg, honey & dairy) w/ banana & milk Sun butter (Vegan) on WW, green beans, plums & milk Soft pretzel bites & apple	8 WG Chex cereal, orange & milk Chicken Caesar salad, club crackers, strawberries & milk Cheddar cheese & apple	9 Waffles (contains egg & dairy), banana & milk BBQ pulled pork, potato salad (contains egg & dairy), corn bread, peaches & milk Wheat thins & apple	10 WG Life cereal, orange & milk Chicken salad wrap (contains egg & dairy) w/ lettuce, tomato, fruit salad & milk Animal crackers & milk
13 WG Cheerios, apple & milk Sweet & sour meatballs (contains pork, beef, dairy & egg) rice, steamed broccoli, cantaloupe & milk Triscuits & cheese	14 Bagel, banana & milk Sliced ham & cheese on WW with lettuce, tomato, strawberries & milk Pasta veggie salad (vegan)	15 Kix cereal, orange & milk Mac n cheese (vegetarian) w/ steamed mixed veggies, apples & milk Cucumbers & pretzels w/ dip	16 WG Life cereal, apple & milk Greek chicken w/ couscous salad, fruit salad & milk Goldfish crackers & 1-00% apple juice	17 WG Chex cereal, banana & milk Cheese pizza w/ steamed mixed veggies, strawberries & milk Graham crackers & milk
20 WG Life cereal, orange & milk Cheese & mushroom quiche (vegetarian) w/ romaine salad, strawberries & milk Soft pretzels & apple	21 WG Kix, pear & milk Sliced turkey & Swiss on WW with carrots, apple & milk Ritz crackers & sun butter	22 Waffles (contains egg & dairy), apple sauce & milk Sun butter (vegan) on WW w/ steamed green beans, strawberries & milk Yogurt & banana	23 WG Cheerios, blueberries & milk Ham salad wrap (contains egg) w/ banana & milk Soft pretzels & cheese	24 Cornflakes, banana & milk Pasta marinara (vegan) w/ shredded mozzarella, fruit salad & milk WG rice cakes & apple
27 Bagel, orange & milk Chef salad w/ turkey, ham & cheese, club crackers, plums & milk WG Wheat thins & apple	28 Cornflakes, banana & milk Tuna salad (contains egg) on WW w/ peeled baby carrots, strawberries & milk Goldfish crackers & orange	39 WG Kix cereal, pear & milk Pasta w/ red sauce and ground, plums & milk Pretzels & apple	30 WG Oat bran muffin (contains egg, honey & dairy), banana & milk Hummus & pita (contains sesame, vegan), Greek salad, fruit salad & milk WG snack mix & peaches	31 WG Chex, orange & milk BBQ pulled pork, roasted potatoes, corn muffin, water melon & milk Animal crackers & milk

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

Water is served for Afternoon Snack where no other beverage is listed. Milk is served with morning snack and lunch

All fresh fruit is served unless otherwise stated

All IC3 Morning Snack include a Whole Grain (WG) component with less than .212g of sugar for dry cereals