



## July 2018 GBS Menu



| Monday                         | Tuesday                          | Wednesday                    | Thursday                     | Friday                   |
|--------------------------------|----------------------------------|------------------------------|------------------------------|--------------------------|
| 2                              | 3                                | 4                            | 5                            | 6                        |
| Cereal & Milk                  | Danish & Milk                    | Happy 4th of July!!          | Pancakes & Milk              | Cereal & Milk            |
| Mac & Cheese                   | Hot Dogs with Bun                |                              | Chicken quesadilla           | Pizza                    |
| Broccoli                       | Baked Beans                      |                              | Carrots                      | Cucumber                 |
| Cantaloupe                     | Apples                           |                              | Watermelon                   | Banana                   |
| Crackers & Cheese sticks       | Trail Mix & Water                |                              | Vanilla Wafers & Milk        | Cheese-its & Fresh Fruit |
| 9                              | 10                               | 11                           | 12                           | 13                       |
| Cereal & Milk                  | French Toast Sticks & Milk       | Cereal & Milk                | Muffins & Milk               | Cereal & Milk            |
| Spaghetti & Meatballs          | Grilled Cheese                   | Chicken Fried Rice           | Fish Sticks & Bread          | Chicken Salad Sandwich   |
| Black Beans                    | Carrots                          | Mixed Veggies                | Broccoli                     | Cucumber                 |
| Applesauce                     | Cantaloupe                       | Pears                        | Grapes                       | Banana                   |
| Graham Crackers & Cream Cheese | Pretzels & Fresh Fruit           | Cheese sticks & Fresh Fruit  | Granola bars & Milk          | Goldfish & Fresh Fruit   |
| 16                             | 17                               | 18                           | 19                           | 20                       |
| Cereal & Milk                  | Bagels, Cream Cheese, & Milk     | Cereal & Milk                | Pancakes & Milk              | Cereal & Milk            |
| Tuna salad boats               | Waffles & Sausage                | Meatballs, Rice, & Gravy     | Baked Ziti                   | Ham & Cheese Croissant   |
| Carrots                        | Cucumber                         | Green Beans                  | Cucumber                     | Broccoli                 |
| Banana                         | Apples                           | Cantaloupe                   | Watermelon                   | Grapes                   |
| Tortilla chips & Cheese Sticks | Veggie Straws & Carrots w/ ranch | Granola Bars & Milk          | Pretzels & Craisins          | Yogurt & Graham crackers |
| 23                             | 24                               | 25                           | 26                           | 27                       |
| Cereal & Milk                  | Yogurt and Cereal Bar            | Cereal & Milk                | Muffins & Milk               | Cereal & Milk            |
| Beef soft taco                 | Chicken nuggets & Hash Browns    | Meatball Sub                 | Cheesy Chicken & Rice        | Penne with Meat sauce    |
| Salad                          | Mixed veggies                    | Broccoli                     | Black beans                  | Peas                     |
| Apples                         | Pears                            | Banana                       | Cantaloupe                   | Grapes                   |
| Crackers & Cheese sticks       | Vanilla Wafers & Fresh Fruit     | Soft pretzels & Fresh Fruit  | Oreos & Milk                 | Goldfish & Fresh Fruit   |
| 30                             | 31                               | 1                            | 2                            | 3                        |
| Cereal & Milk                  | Danish & Milk                    | Cereal & Milk                | Bagels & Cream Cheese & Milk | Cereal & Milk            |
| Turkey & Cheese Wrap           | Chicken patty on a Bun           | Hot Dog wrapped in a Biscuit | Chicken Fried Rice           | Cheese quesadilla        |
| Carrots                        | Cucumber                         | Broccoli                     | Green Beans                  | Cucumber                 |
| Cantaloupe                     | Banana                           | Apples                       | Pineapple                    | Grapes                   |
| Vanilla Wafers & Milk          | Ritz crackers & cheese slices    | Fruit snacks & goldfish      | Yogurt & Graham Crackers     | Animal Crackers & Milk   |

\*Milk is always served with lunch

\*Menu items may be subject to change due to availability

\*Water is served with afternoon snack, unless otherwise noted

\*Fresh Fruit can be: apples, grapes, banana, oranges, melons, berries