



ACC July Menu 2019

Aqua = Infant "Soft Food" Alternative
 Indicated Daily Required Whole Grain Component

Fruits & Vegetables of the Month: Watermelon, Peaches, Beets, Squash



1	2	3	4	5
4oz Yogurt Cup Canned Peaches , Milk Turkey Hot Dog on WG Bun , Corn, Peas & Carrots, Applesauce, Ketchup Packet, Milk Low Sugar Snacks Pineapple Cbunks	Mini Bagel w/ Cream Cheese Canned Pears, Milk WW Cheese Quesadillas , Vegetable Bean Soup, Watermelon Cubes , Salsa, Milk Tortilla Chips/ Corn Tortilla Black Bean Dip	Krispy Rice Cereal Strawberries, Milk WG Chicken Curry Casserole , Cantaloupe Cubes Milk Cheesy Crackers, Apple Slices	ACC CLOSED! 	Frosted Mini Wheats, Fruit Cup, Milk Build-Your-Own Turkey & Swiss Sandwich: Turkey & Swiss Slices, WW Bread , Mayo Pkt, Persian Cucumbers, Mandarin Oranges, Milk Ritz Crackers, Sunflower Butter

8	9	10	11	12
French Toast Sticks, Pears, Milk Fish Nuggets, WG Wild Rice , Steamed Vegetable, Mandarin Oranges, Tartar Packet, Milk Pretzels Cheese Cubes/Sticks	Crepe, Peaches , Spiced Yogurt, Milk Chicken Teriyaki, WG Brown Rice , Roasted Broccoli, Pineapple Chunks, Milk Animal Crackers, Banana	WG Toasted Oat Cereal Melon Cubes, Milk Spaghetti & Meat Sauce, Roasted Zucchini & Summer Squash , Orange Wedges, Milk WW Pita Beet Root Hummus	Breakfast Squash (Zucchini) Muffin Berries, Milk WG Chicken & Broccoli Casserole , Spinach Berry Salad, Dressing to Toss, Milk Cheesy Crackers, Apple Slices	WW Biscuit w/ Jam Canned Fruit, Milk Chicken Salad w/ Grapes , Cucumber Coins, Fresh Fruit Salad, Hawaiian Roll WG Wheat Thin Crackers/WW Pita Peach Yogurt

15	16	17	18	19
Hard-Boiled Egg Canned Pears, Milk Chicken Fingers , Cut Corn, Mandarin Oranges, WW Dinner Roll , BBQ Sauce, Milk Pretzels Peaches	WW Bagel w/ Cream Cheese Mango Cubes, Milk Beef Soft Taco (Taco Beef, Shredded Cheese, Flour Tortilla), Lettuce & Tomato, Apple Slices Milk WG Rice Cake Sunflower Butter	WG Bran Flakes Cereal , Fresh Mixed Berries, Milk Nut-Free Pesto Tortellini, Roasted Zucchini Squash Coins , Grapes, Milk WG Granola Homemade Banana Pudding	WG Honey Lemon Loaf , Cantaloupe Cubes, Milk Baked Chicken & Cheese Enchiladas , Black Beans, Watermelon Cubes , Milk WG Goldfish Crackers , Peach Berry Yogurt	Banana Muffin, Fresh Fruit Salad, Milk Tuna Salad , Arugula, Beet & Feta Salad , Dressing to Toss, Applesauce, WW Pita Pocket , Milk Animal Crackers Canned Fruit Salad

22	23	24	25	26
4 oz Yogurt Cup, Mandarin Oranges, Milk Hamburger on WG Burger Bun , Sweet & Regular Potato Puffs, Pineapple Chunks, Ketchup Packet, Milk Ritz Crackers Egg Salad	Krispy Rice Cereal Pears, Milk WG Bean & Cheese Burrito, Roasted Corn , Zucchini & Peppers , Watermelon , Milk Apple Slices Deli Turkey Slices	WG Overnight Oats , Peaches (in oats) , Milk Pasta w/ Chicken Red Pepper Alfredo , Steamed Vegetables, Mango Cubes, Milk Wheat Thin Crackers/WW Ritz Crackers Banana	Corn Flakes, Melon Cubes, Milk WG Cajon Red Beans & Rice , Canned Fruit Salad, Milk Bell Pepper Strips/ Cucumber Coins Hummus	Turkey Sausage Patty, Hash Brown Patty, Ketchup, Milk WW Hawaiian Chicken Wrap , Grapes, Milk Graham Crackers, Fresh Fruit Salad

29	30	31		
WW Biscuit w/ Jelly , Canned Peaches , Milk Chicken Potstickers , Shelled Edamame & Carrots, Canned Pineapple Chunks, Milk WG Goldfish Crackers , Mandarin Oranges	Mixed Low-Sugar Cereals, Canned Pears, Milk WG Oodles of Noodles, w/ Tomatoes & Greens , White Beans, Apple Slices, Milk Low-Sugar Snacks, Watermelon	Blueberry Muffin, Melon Cubes, Milk Orange Chicken, WG Brown Rice, Roasted Squash , Banana, Milk Nut-Free Granola Peach Yogurt		

Milk is provided at Breakfast and Lunch. Whole milk for 1 year olds and Low Fat milk for 2 to 5 year olds.
 This institution is an equal opportunity provider.

