

# RAINBOW'S END MENU- July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 M/MA: Pasta Salad F/V 1: Mixed Vegetables F/V 2: Pears G/B: Noodles G/B: Frozen Fruit	3 M/MA: Lemon Pepper Chicken F/V 1: Peas F/V 2: Peaches G/B: Rice G/B: Cheese and Crackers	4  <b>CLOSED FOR INDEPENDENCE Day</b>	5 M/MA: Taco F/V 1: Broccoli F/V 2: Fruit Cocktail G/B: Soft Shell F/V: Apple Strudel	6 M/MA: Hamburger F/V 1: Carrots F/V 2: Applesauce G/B: Bun F/V: Vanilla Wafers
9 M/MA: BBQ Turkey Sandwich F/V 1: Carrots F/V 2: Applesauce G/B: Bun G/B: Goldfish	10 M/MA: Fish sticks F/V 1: Mixed Vegetables F/V 2: Fruit Cocktail G/B: Breading F/V: Apples	11 M/MA: Cheese Pizza F/V 1: Sweet Peas F/V 2: Mandarin Oranges G/B: Crust F/V: Muffins	12 M/MA: Beef Stroganoff F/V 1: Broccoli F/V 2: Pears G/B: Noodles G/B: Bananas	13 M/MA: Chicken strips F/V 1: Green Beans F/V 2: Apple Juice G/B: Roll G/B: Soft Pretzel with Cheese
16 M/MA: Turkey Sausage Rigatoni F/V 1: Broccoli F/V 2: Fruit Cocktail G/B: Noodle G/B: Animal Crackers	17 M/MA: Cheeseburger Macaroni F/V 1: Green Beans F/V 2: Peaches G/B: Noodles G/B: Cheese Slices and crackers	18 M/MA: Chicken Sandwich F/V 1: Mix Vegetables F/V 2: Pears G/B: Bun G/B: Wheat Cackers F/V: Cottage Cheese	19 M/MA: Turkey Sausage Pizza F/V 1: Peas F/V 2: Oranges G/B: Wheat Crackers M/MA: Blueberry Muffin	20 M/MA: Mostaccioli F/V 1: Carrots F/V 2: Applesauce G/B: Noodles G/B: Applesauce
23 M/MA: Chicken Pizza Quesadilla F/V: Green Beans F/V: Mandarin Oranges G/B: Crust G/B: Oyster Crackers	24 M/MA: Chicken Stir Fry F/V 1: Mixed Vegetables F/V 2: Applesauce G/B: Rice M/MA: Yogurt	25 M/MA: Cheese Ravioli F/V 1: Carrots F/V 2: Fruit Cocktail G/B: Noodles M/MA: Chicken Egg Roll	26 M/MA: Chicken Pot Pie F/V 1: Peas and Carrots F/V 2: Pears G/B: Biscuits M/MA: String Cheese G/B: Wheat Crackers	27 M/MA: Turkey Burger F/V 1: Broccoli F/V 2: Peaches G/B: Bun G/B: Applesauce
30 M/MA: Pasta Salad F/V 1: Mixed Vegetables F/V 2: Pears G/B: Noodles G/B: Frozen Fruit	31 M/MA: Chicken Tetrizzini F/V 1: Carrots F/V 2: Peaches G/B: Noodles G/B: Breadsticks			

Menu Key: **Lunch, PM Snack**

M/MA: Meat/Meat Alternative

F/V: Fruit/Vegetable

G/B: Grain/Bread

Other: Additional items served but not necessary to meet meal pattern requirements.

Cereal Choices: **Cheerios, Frosted Mini-Wheats, Rice Chex, Apple Jacks, Fruit Loops**

Rainbow's End menus follow the USDA Child Nutrition program.

**Menu Serving Times:**

**Breakfast - 8:30 a.m.      Lunch - 11:30 a.m.**

**PM Snack - 2:30 p.m.**

**Daily Breakfast Menu:**

**Mondays:**

Cereal, Fruit or Juice

**Tuesdays:**

Pancakes, French Toast Sticks, Fruit or Juice

**Wednesdays:**

Bagel or Muffin, Fruit or Juice

**Thursdays:**

Cereal, Fruit or Juice

**Fridays:**

Biscuits & Grape jelly and Butter, Fruit or Juice