









July 2008 Menu



June 30	1	2	3	4
<u>Breakfast</u> cereal, apples, milk <u>Lunch</u> beef smokies, croissants, green beans, pears, milk <u>Snack</u> ham slices, saltine crackers	<u>Breakfast</u> toast, bananas, milk <u>Lunch</u> beef taco (OAMC*), tator tots, apples, milk <u>Snack</u> English muffin, yogurt	<u>Breakfast</u> Oven French toast sticks (OAMC), cantaloupe, milk <u>Lunch</u> tuna noodle casserole, peas, bananas, milk <u>Snack</u> cinnamon sugar tortilla chips	<u>Breakfast</u> bagel, pears, milk <u>Lunch</u> grilled chicken fettuccini Alfredo sauce, mixed veggies, cantaloupe, milk <u>Snack</u> cheese stick, apples	<u>Closed</u> 
7	8	9	10	11
<u>Closed</u> 	<u>Closed</u> 	<u>Closed</u> 	<u>Closed</u> 	<u>Closed</u> 

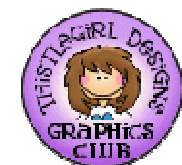




July 2008 Menu



14	15	16	17	18
<p><u>Breakfast</u> cereal, strawberries, milk</p> <p><u>Lunch</u> chicken enchiladas (OAMC), corn, grapes, milk</p> <p><u>Snack</u> hard boiled egg, toast</p>	<p><u>Breakfast</u> toast, grapes, milk</p> <p><u>Lunch</u> beef stroganoff, broccoli, grapefruit, milk</p> <p><u>Snack</u> blueberry muffin (OAMC), milk</p>	<p><u>Breakfast</u> croissants, grapefruit, milk</p> <p><u>Lunch</u> fish sticks, bread sticks, French fries, strawberries, milk</p> <p><u>Snack</u> peaches, cottage cheese</p>	<p><u>Breakfast</u> HM blueberry pancakes (OAMC), applesauce, milk</p> <p><u>Lunch</u> Kids Love It Meatloaf (OAMC), green beans, bananas, milk</p> <p><u>Snack</u> cereal, milk</p>	<p><u>Breakfast</u> cereal, bananas, milk</p> <p><u>Lunch</u> Crescent Chicken Squares (OAMC), carrot sticks, applesauce, milk</p> <p><u>Snack</u> sugar cookies (OAMC), milk</p>
21	22	23	24	25
<p><u>Breakfast</u> cereal, grapes, milk</p> <p><u>Lunch</u> Cheese Freezer Pizza (OAMC), carrot sticks, strawberries, milk</p> <p><u>Snack</u> HM Blueberry muffins (OAMC), milk</p>	<p><u>Breakfast</u> English muffin, bananas, milk</p> <p><u>Lunch</u> pork fried rice (OAMC), peas, apples, milk</p> <p><u>Snack</u> cheese stick, grapes</p>	<p><u>Breakfast</u> Oven French toast sticks(OAMC), strawberries, milk</p> <p><u>Lunch</u> Easy Chicken Casserole (OAMC), broccoli, grapefruit, milk</p> <p><u>Snack</u> rice krispies treat, milk</p>	<p><u>Breakfast</u> HM waffles, grapefruit, milk</p> <p><u>Lunch</u> grilled hamburgers, French fries, bananas, milk</p> <p><u>Snack</u> strawberry muffins (OAMC), milk</p>	<p><u>Breakfast</u> cereal, apples, milk</p> <p><u>Lunch</u> grilled ham/cheese croissant pockets, green beans, grapes, milk</p> <p><u>Snack</u> HM banana, banana bread, milk</p>





July 2008 Menu



28	29	30	31	August 1
<u>Breakfast</u> cereal, cantaloupe, milk <u>Lunch</u> egg & cheese omelet, tator crowns, applesauce, milk <u>Snack</u> breadsticks, pineapple	<u>Breakfast</u> toast, applesauce, milk <u>Lunch</u> Sloppy Petes (OAMC), green beans, pineapple, milk <u>Snack</u> cheese quesadillas	<u>Breakfast</u> croissants, peaches, milk <u>Lunch</u> Tex-Mex Goulash, black beans, cantaloupe, milk <u>Snack</u> cheese muffins (OAMC), milk	<u>Breakfast</u> bagels, pineapple, milk <u>Lunch</u> Zippy beef spaghetti (OAMC), broccoli, pears, milk <u>Snack</u> crackers, applesauce	<u>Breakfast</u> cereal, pears, milk <u>Lunch</u> chicken nuggets, biscuit, peas, pineapple, milk <u>Snack</u> toast, peaches

Meal References:

Beef Tacos-The Freezer Cooking Manual-Master Meat Mix-pg. 50- www.30daygourmet.com
Oven French Toast Sticks- Freezer Cooking for Daycare Providers-pg. 7- www.30daygourmet.com
Alfredo Sauce- <http://www.recipezaar.com/64196>
Chicken Enchiladas- Freezer Cooking for Daycare Providers-pg. 11- www.30daygourmet.com
Beef Stroganoff- <http://www.recipezaar.com/65570>
Kids Love It Meatloaf- Freezer Cooking for Daycare Providers-pg. 20- www.30daygourmet.com
Crescent Chicken Squares- Freezer Cooking for Daycare Providers-pg. 13- www.30daygourmet.com
Master Baking Mix-Freezer Cooking Member Book 1 pg. 13 (blueberry pancakes, muffins, strawberry muffins)
Sugar Cookies- Freezer Cooking for Daycare Providers-pg. 30- www.30daygourmet.com
Cheese Freezer Pizza- Freezer Cooking for Daycare Providers-pg. 10- www.30daygourmet.com
Pork Fried Rice- <http://www.recipezaar.com/200280>
Easy Chicken Casserole- Freezer Cooking for Daycare Providers-pg. 14- www.30daygourmet.com
Cheese Muffins- Freezer Cooking for Daycare Providers-pg. 26- www.30daygourmet.com
Sloppy Petes (Joe's)- Freezer Cooking for Daycare Providers-pg. 21- www.30daygourmet.com
Tex-Mex Goulash- <http://www.recipezaar.com/86858> w/ food items added-black beans, corn, tomatoes, Colby-Jack cheese
Zippy Spaghetti Sauce- The Freezer Cooking Manual-pg. 55- www.30daygourmet.com
HM Banana, Banana Bread- <http://www.recipezaar.com/25885>

