

**BREAKFAST & LUNCH MENU**  
**WEEK #3 LAKEMARY**  
**July 27-Aug 2, 2020**

<b>Monday 7/27</b>	<b>Tuesday 7/28</b>	<b>Wednesday 7/29</b>	<b>Thursday 7/30</b>	<b>Friday 7/31</b>	<b>Saturday 8/1</b>	<b>Sunday 8/2</b>
<b><u>Breakfast</u></b> Cheese Omelet Mixed Berry Applesauce Cup Cereal 100% Fruit Juice Milk Choice	Whole Grain French Toast Bites & Syrup Diced Peaches Cereal 100% Fruit Juice Milk Choice	Excellent Egg Taco w/ Salsa Strawberries & Pineapple Cereal 100% Fruit Juice Milk Choice	Biscuit & Gravy Diced Pears Cereal 100% Fruit Juice Milk Choice	Breakfast Sausage Skillet Mandarin Oranges Cereal 100% Fruit Juice Milk Choice	Oatmeal w/ brown sugar Raisins Cereal 100% Fruit Juice Milk Choice	Breakfast Burrito Fresh Banana Cereal 100% Fruit Juice Milk Choice
<b><u>Lunch</u></b> Bosco Sticks w/ Marinara Sauce Italian Blend Veggies Romaine Salad Fresh Banana Dried Apricots Milk Choice	Cowboy Cavatini Tortilla Chips Guacamole Southwestern Lentils Mexican Churro Fresh Apple Milk Choice	Hot Ham & Cheese on a Whole Grain Bun Sliced Beets Veggie Power Slaw Fresh Orange Frozen Fruit Cup Milk Choice	Cheesy Tuna Noodles Fresh Red & Green Bell Pepper Strips Baby Carrots Multigrain Chips Fresh Mix Fruit Cup Milk Choice	Kitchen-Fav Meatloaf Mashed Potatoes & Gravy Green Beans Cornbread Fresh Pear Milk Choice	Little Smokies Mac 'n Cheese Peas & Carrots Sun Chips Fresh Strawberries Milk Choice	Meatball Sub Sandwich Potato Salad Fresh Broccoli w/ Light Ranch Dip Fresh Grapes Milk Choice
<b><u>Supper</u></b> Mexican Taquitos w/ cheese sauce Roasted Asparagus Fiesta Corn & Black Beans Fruit Cocktail Milk	Chicken Patty on Whole Grain Bun Baked Onions Rings Sweet Potato Waffle Fries w/ ketchup Brownies Fresh Grapes Milk	<i>Cook's Choice</i> Baked Zucchini Sticks Cheese Focaccia Oatmeal Crème Pie Mixed Fruit Bowl Milk	Beef & Bean Burritos Mexican Corn Blue Corn Tortilla Chips & Salsa Graham Crackers Diced Pineapple Milk	Cheese Pizza Tossed Salad Cherry Tomatoes Sunflower Seeds Cottage Cheese Banana Milk	Whole Grain Chicken Breast Strips 3-Bean Salad Cucumber Slices Cookie Applesauce Milk	Toasted Ravioli w/ Marinara Garlic Breadstick Fresh Cauliflower Animal Crackers Diced Peach Bowl Milk

"This institution is an equal opportunity provider."

*\*Menu subject to change*