# Breakfast & Lunch Menu
## Week #1 Lakemary
**July 5-11, 2021**

### Breakfast

**Monday 7/5**
- Western Omelet
- Diced Pear Bowl
- Cereal
- 100% Fruit Juice
- Milk Choice

**Tuesday 7/6**
- Mini Blueberry Waffles w/ syrup
- Strawberry Applesauce Cup
- Cereal
- 100% Fruit Juice
- Milk Choice

**Wednesday 7/7**
- Breakfast Crispitos
- Diced Pineapple Cereal
- 100% Fruit Juice
- Milk Choice

**Thursday 7/8**
- Berry Yogurt Parfait
- Cereal
- 100% Fruit Juice
- Milk Choice

**Friday 7/9**
- Coffeecake
- Diced Peaches Cereal
- 100% Fruit Juice
- Milk Choice

**Saturday 7/10**
- Sausage Pancake on a Stick
- Fruit Mix Bowl
- Cereal
- 100% Fruit Juice
- Milk Choice

**Sunday 7/11**
- Hashbrown & Eggs
- Cinnamon Applesauce Cup
- Cereal
- 100% Fruit Juice
- Milk Choice

### Lunch

**Monday 7/5**
- PB&J Uncrustables
- Celery w/ Ranch
- Cottage Cheese Veggie Chips
- Mandarin Oranges
- Dried Fruit Blend
- Milk Choice

**Tuesday 7/6**
- Pulled Pork Sandwich
- Baked Beans
- Coleslaw
- Multigrain Chips
- Strawberries & Pineapple
- Milk Choice

**Wednesday 7/7**
- Taco Salad
- Salsa & Guacamole
- Refried Beans
- Spanish Brown Rice
- Fresh Pear
- Milk Choice

**Thursday 7/8**
- Chicken Nuggets
- Curly Fries
- Honey-Glazed Carrots
- Panini Roll
- Melon Fruit Salad
- Milk Choice

**Friday 7/9**
- Mini Meatball Sub
- Corn on the Cob
- Roasted Red Potato Wedges
- Fresh Banana
- Cherry Applesauce
- Milk Choice

**Saturday 7/10**
- Cowboy Cavatini
- Tortilla Chips
- Guacamole
- Fiesta Black Beans
- Mexican Churro
- Fresh Apple Slices
- Milk Choice

**Sunday 7/11**
- French Dip Biscuits
- Tri-Color Rotini Salad
- Red Pepper Strips
- Sweet Potato Chips
- Fresh Grapes
- Milk Choice

### Supper

**Cook’s Choice**
- Baby Carrots
- Tater Rounds
- Toasted Wheat Thins
- Fruit Cocktail
- Milk

**Monday 7/5**
- Enchilada Casserole
- Blue Corn Tortilla Chips
- Salsa
- Spinach Salad
- Fresh Banana
- Milk

**Tuesday 7/6**
- Philly Steak Sandwich
- Broccoli & Cauliflower w/ Cheese sauce
- Bavarian Mini Pretzel
- Mixed Fruit
- Milk

**Wednesday 7/7**
- Ham & Potatoes
- Green Beans
- Wheat Dinner Roll
- Vanilla Wafers
- Mango Mousse Cake
- Milk

**Thursday 7/8**
- Chili Cheese Coney
- French Fries
- Baby Carrots
- Fresh Strawberries
- Ambrosia Salad
- Milk

**Friday 7/9**
- Chicken Patty on Whole Grain Bun
- Sliced Tomatoes
- Potato Fry Smiles
- Berrylicious Mousse
- Diced Pineapple
- Milk

**Saturday 7/10**
- Ravioli
- Garlic Toast
- Peas & Carrots
- Raspberry Mousse Cake
- Diced Peach Bowl
- Milk

**Sunday 7/11**

*This institution is an equal opportunity provider.*

*Menu subject to change*