



July 2026

Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		<p>1</p> <p>Breakfast Apple Wedges Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p>Lunch Beef Burgers Whole Wheat Bun Potato Wedges Sliced Apples *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Maple Bites Oranges Water</p>	<p>2</p> <p>Breakfast Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk</p> <p>Lunch Turkey Cubes & String Cheese Whole Grain Townhouse Crackers Celery **Green Beans** Oranges *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Hard Pretzels Apples Water</p>	<p>3</p> <p>ALL LVCC CENTERS ARE CLOSED</p>
<p>6</p> <p>Breakfast Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk</p> <p>Lunch Fajita Chicken w/Pepper&Onion Whole Grain Pasta Corn Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Townhouse Crackers w/Soy Butter Water</p>	<p>7</p> <p>Breakfast Mixed Fruit Whole Grain Kix Cereal *Unflavored Whole/ Skim Milk</p> <p>Lunch Turkey Ham & Cheese Whole Grain Tortilla Wraps Fresh Carrots **Carrot* Watermelon *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Carrot Muffin Applesauce Water</p>	<p>8</p> <p>Breakfast 100% Orange Juice Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p>Lunch Beef Taco w/Diced Tomato Shredded Lettuce & Cheese Whole Grain Tortilla Wraps Mixed Fruit—Green Beans *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Goldfish Crackers Peaches Water</p>	<p>9</p> <p>Breakfast Pears Whole Grain Life Cereal *Unflavored Whole/ Skim Milk</p> <p>Lunch Ground Beef in Sauce Whole Grain Pasta Tossed Salad w/Dressing **Corn* Apples *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Soft Pretzels Oranges Water</p>	<p>10</p> <p>Breakfast Whole Grain Cheerios Bananas *Unflavored Whole/ Skim Milk</p> <p>Lunch Chicken Salad w/Cheese on Whole Grain Townhouse Crackers Celery **Mixed Vegetables* Sliced Apples *Unflavored Whole/ Skim Milk</p> <p>Snack Whole Grain Cinnamon Crisp Crackers Apple Juice Water</p>



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<p>13 Breakfast</p> <p>Mixed Fruit Whole Grain Kix Cereal *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Macaroni & Cheese w/Pasta Whole Grain Crackers w/Soy Butter Peas Pears *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cheese It Crackers Mixed Fruit Water</p>	<p>14 Breakfast</p> <p>Whole Wheat Toast Applesauce *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Turkey Cubes & String Cheese Whole Grain Townhouse Crackers Carrots **Red Beets* Watermelon *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Maple Bites Cheese Slices Water</p>	<p>15 Breakfast</p> <p>Whole Grain Rice Krispies Apple Wedges *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Baked Beans with Turkey Ham Whole Grain Dinner Rolls Tossed Salad w/Dressing **Corn* Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Ritz Crackers w/Soy Butter Water</p>	<p>16 Breakfast</p> <p>Whole Grain English Muffin 100% Orange Juice *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Beef A Roni Topped w/Cheese Whole Grain Pasta Green Beans Grapes *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Tostado Chips w/Salsa & Shredded Cheese Water</p>	<p>17 Breakfast</p> <p>Whole Grain Bagels Diced Pears *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Turkey Ham & Cheese On Whole Grain Tortilla Wrap Carrots **Mixed Vegetables* Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Hard Pretzels Peaches Water</p>
<p>20 Breakfast</p> <p>Oranges Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Fish Sticks Whole Grain Dinner Rolls Corn Sliced Apples *Unflavored Whole/Skim Milk</p> <p>Snack</p> <p>Whole Grain Animal Crackers Cheese Slices Water</p>	<p>21 Breakfast</p> <p>Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Yogurt Whole Grain Crackers w/Soy Butter Carrot **Green Beans* Apples *Unflavored Whole/Skim Milk</p> <p>Snack</p> <p>Whole Grain Graham Crackers Oranges Water</p>	<p>22 Breakfast</p> <p>100% Orange Juice Whole Wheat Toast *Unflavored Whole/Skim Milk</p> <p>Lunch</p> <p>Beef Chili w/Kidney Beans & Rice Green Beans Peaches *Unflavored Whole/Skim Milk</p> <p>Snack</p> <p>Applesauce Whole Grain Blueberry Lemon Crackers Water</p>	<p>23 Breakfast</p> <p>Bananas Whole Grain Rice Krispies *Unflavored Whole/Skim Milk</p> <p>Lunch</p> <p>Chicken Diced Tomato w/Rice Whole Grain Crackers w/Soy Butter Tossed Salad w/Dressing **Carrot* Watermelon *Unflavored Whole/Skim Milk</p> <p>Snack</p> <p>Whole Grain Goldfish Crackers Apples Water</p>	<p>24 Breakfast</p> <p>Oranges Whole Grain Cheerios *Unflavored Whole/Skim Milk</p> <p>Lunch</p> <p>Turkey Ham & Cheese On Whole Grain Tortilla Wrap Carrots **Peas* Applesauce *Unflavored Whole/Skim Milk</p> <p>Snack</p> <p>Whole Grain Educational Crackers Cheese Slices Water</p>



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<p>27 Breakfast</p> <p>Applesauce Whole Wheat Pancakes *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Ground Beef w/Sauce Whole Grain Pasta Green Beans Pears *Unflavored Whole/Skim Milk</p> <p>Snack</p> <p>Whole Grain Blueberry Lemon Crackers Applesauce Water</p>	<p>28 Breakfast</p> <p>Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/Skim Milk</p> <p>Lunch</p> <p>Turkey & Cheese on Whole Grain Tortilla Wrap Carrots **Mixed Vegetables* Bananas *Unflavored Whole/Skim Milk</p> <p>Snack</p> <p>Watermelon Cheese Slices Water</p>	<p>29 Breakfast</p> <p>Whole Wheat Toast Bananas *Unflavored Whole/Skim Milk</p> <p>Lunch</p> <p>Beef Barbeque on a Whole Wheat Bun Tossed Salad w/Dressing **Corn* Sliced Apples *Unflavored Whole/Skim Milk</p> <p>Snack</p> <p>Whole Grain Cinnamon Crisp Crackers Apple Wedges Water</p>	<p>30 Breakfast</p> <p>100% Orange Juice Whole Grain Corn Flakes *Unflavored Whole/Skim Milk</p> <p>Lunch</p> <p>Egg Patties Whole Wheat Pancake Diced Potatoes Oranges *Unflavored Whole/Skim Milk</p> <p>Snack</p> <p>Whole Grain Goldfish Crackers Peaches Water</p>	<p>31 Breakfast</p> <p>Whole Grain English Muffin Peaches *Unflavored Whole/Skim Milk</p> <p>Lunch</p> <p>Soy Butter & Jelly Pockets On Whole Grain Bread Celery **Mixed Vegetables* Mixed Fruit—Cheese Slices *Unflavored Whole/Skim Milk</p> <p>Snack</p> <p>Whole Grain Graham Crackers w/Soy Butter Water</p>