




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JULY SNACK MENU

3 Egg & Turkey Sausage Breakfast Burrito w/ Cheese & Salsa  Fresh Fruit Smoothie w/ Whole Wheat Pretzels Twists	4 	5 Whole Grain Fig Bars & Fresh Fruit  Cheese Cubes, Whole Grain Crackers & Fresh Fruit	6 Banana Pancakes w/Milk  Cottage Cheese w/ Strawberry Compote	7 Blended Strawberry Yogurt w/Homemade Nut-Free Granola  Graham Crackers w/ Cream Cheese & Fresh Fruit
10 Blueberry & Raspberry Muffins  Baked Zucchini Bites & Cheese Cubes	11 Waffles w/ Banana Slices & Honey Drizzle  Mini Quesadillas w/ Orange Slices	12 Egg & Bell Pepper scramble w/ whole wheat toast  Vanilla Yogurt w/ Fresh Fruit	13 Whole Wheat French Toast w/ Fruit Compote  Cheese Cubes, Whole Wheat Crackers & Fresh Fruit	14 Hard Boiled Eggs w/ Fresh Fruit  String Cheese & Fresh Fruit
17 Oatmeal w/ Milk & Fresh Fruit  Whole Wheat Italian Bruschetta Toast	18 Egg & Cheese English Muffin  Bean & Salas Dip with Tortilla Chips	19 Blueberry Pancakes w/ Milk  Apple Slices, Cream Cheese & Graham Crackers	20 Egg and Turkey Bacon Breakfast Burrito w/ Cheese & Salsa  Mini Quesadillas w/ Orange Slices	21 Yogurt & Nut-Free Oat Granola w/ Bananas  Fresh Fruit & Pretzel Twists
24 Cream Cheese w/ Whole Grain Crackers & Fresh Fruit  Apple Sauce w/ Whole Grain Goldfish Crackers	25 Cereal w/ Milk & Fresh Fruit  String Cheese w/ Fresh Fruit	26 Whole Wheat French Toast w/ Fruit Compote  Cherry Tomato, Cucumber w/ Whole Wheat crackers	27 Egg & Turkey Sausage Breakfast Burrito w/ Cheese & Salsa  Fresh Fruit Smoothie w/ Whole Wheat Pretzels Twists	28 Bagels w/ Cream Cheese & Fresh Fruit  Vanilla Yogurt w/ Fresh Fruit
31 Egg & Bell Pepper scramble w/ whole wheat toast  Guacamole w/ Sweet peppers and Corn Tortilla Chips				