

July 2010

Shining Stars Academy @ Arrowood



Monday <i>Vegetarian Day</i>	Tuesday <i>Chicken Day</i>	Wednesday <i>Salad / Sandwich Day</i>	Thursday <i>Turkey Day</i>	Friday <i>Fish / Pizza Day</i>
			<p>1</p> <p>B: Pancakes, Strawberries, Milk L: Turk-a-Roni, Broccoli, Peaches, Milk VL: Mac-n-Cheese AS: Ritz Crackers & Pudding, Apple Juice NI: Graham Crackers</p>	<p>2</p> <p>B: Raisin Bran Cereal, Blueberries, Milk L: Cheese Pizza, Green Salad, Fruit Cocktail, Milk AS: Saltine Crackers, Honeydew Slice, Water NI: Saltine Crackers</p>
<p>5</p> 	<p>6</p> <p>B: Buttery Grits, Fruit Cocktail, Milk L: Arroz con Pollo (Chicken with Rice), Peas, Peaches, Milk VL: Black Beans AS: Animal Crackers, Strawberry Banana Juice NI: Ritz Crackers</p>	<p>7</p> <p>B: English Muffins, Pineapples, Milk L: Turkey & Cheese Sandwich, Green Beans, Tropical Fruit Salad, Milk VL: Cheese Sandwich AS: Chex Mix, Orange Pineapple Juice NI: Light Bread</p>	<p>8</p> <p>B: Waffles, Strawberries, Milk L: Turkey Meatballs, Egg Noodles, Corn, Peaches, Milk VL: Black-eye Peas AS: Gold Fish, Green Watermelon Juice NI: Graham Crackers</p>	<p>9</p> <p>B: Cinnamon Toast Crunch, Dry Blueberries, Milk L: Parmesan Tilapia, Mashed Potatoes, Fruit Cocktail, Rolls, Milk VL: Pinto Beans AS: Ice-Cream, Saltines, Red Apples, Water NI: Saltine Crackers</p>
<p>12</p> <p>B: Special K Cereal, Bananas, Milk L: Mac-n-Cheese, Broccoli, Apple Sauce, Milk AS: Honey Wheat & Go-Gurt, Fruit Punch Juice NI: Club Crackers</p>	<p>13</p> <p>B: Cream of Corn, Fruit Cocktail, Milk L: Chicken Tenderloins, Mashed Potatoes, Peaches, Bread, Milk VL: Chick Peas AS: Nutri-Grain Bars, Clear Strawberry Juice NI: Ritz Crackers</p>	<p>14</p> <p>B: French Toast, Pineapples, Milk L: Tuna Salad Sandwich, Corn, Tropical Fruit Salad, Milk VL: Refried Beans SW AS: Combos, Clear Orange Citrus Juice NI: Light Bread</p>	<p>15</p> <p>B: Toaster Pastries (unfrosted), Strawberries, Milk L: Turkey Sausage & Rice, Peas, Peaches, Milk VL: Navy Beans & Rice AS: Graham Crackers & Cheese, Grape Juice NI: Graham Crackers</p>	<p>16</p> <p>B: Honey Nut Cheerios, Mixed Fruit (Frozen), Milk L: Vegetable & Cheese Pizza, Pickle Slice, Fruit Cocktail, Milk AS: Watermelon Slices, Toasteds, Water NI: Saltine Crackers</p>
<p>19</p> <p>B: Rice Krispies Cereal, Bananas, Milk L: Baked Beans, Mashed Potatoes, Apple Sauce, Bread, Milk AS: Pretzel Crisps, Yogurt, Cherry Juice NI: Club Crackers</p>	<p>20</p> <p>B: Oatmeal, Fruit Cocktail, Milk L: Chicken Alfredo Penny Pasta, Peas, Peaches, Milk VL: Pasta & Cheese AS: Cheese-Its, Raspberry Orange Juice NI: Ritz Crackers</p>	<p>21</p> <p>B: Cinnamon Raisin Toast, Pineapples, Milk L: Chicken Salad Sandwich, Corn, Tropical Fruit Salad, Milk VL: Cheese Sandwich AS: Kellogs Cinnabon, Clear Peach Juice NI: Light Bread</p>	<p>22</p> <p>B: Butter/Jelly Croissant, Strawberries, Milk L: Turkey Meatloaf, Egg Noodles, Broccoli, Peaches, Milk VL: Mixed Beans AS: Rice Cakes, White Cranberry Peach Juice NI: Graham Crackers</p>	<p>23</p> <p>B: Frosted Mini Wheats (bite size), Triple Berry Blend, Milk L: Breaded Flounder, Potatoes Wedges, Fruit Cocktail, Rolls, Milk VL: Cheese Sandwich AS: Kiwi Slices, Club Crackers, Water NI: Saltine Crackers</p>
<p>26</p> <p>B: Mixed Cereal, Bananas, Milk L: Refried Beans & Cheese Tortilla Wrap, Corn, Apple Sauce, Milk AS: Pita Bites & Yogurt, Peach Mango Juice NI: Club Crackers</p>	<p>27</p> <p>B: Cheesy Grits, Fruit Cocktail, Milk L: Chicken Sausage & Rice, Green Beans, Peaches, Milk VL: Baby Butter Beans AS: Special K Bars, Very Berry Juice NI: Ritz Crackers</p>	<p>28</p> <p>B: Soft Pretzels, Pineapples, Milk L: Grilled Cheese Sandwich, Peas, Tropical Fruit Salad, Milk AS: Rub Mix, Strawberry Kiwi Juice NI: Light Bread</p>	<p>29</p> <p>B: Cream of Wheat, Fruit Cocktail, Milk L: Turkey & Cheese Croissant, Green Beans, Tropical Fruit Salad, Milk VL: Cheese Croissant AS: Pop Tart, Clear Tangerine Juice NI: Graham Crackers</p>	<p>30</p> <p>B: Bagels w / Jelly, Pineapples, Milk L: Chicken & Cheese Pizza, Sweet Potatoes Wedges, Fruit Cocktail, Milk VL: Cheese Pizza AS: Zoo Animals, Grapes, Water NI: Saltine Crackers</p>



Menu Subject to Change

Menu Notes: Juice will include a variety of **100% Fruit Juice**. Daily Drinking Water provided by classroom staff. Fruit Yogurt is all natural, with live cultures, gluten and gelatine free product available in a variety of flavours (fruit & vanilla).

Milk is rBST Hormone Free.

Please Note: B: Breakfast; L: Lunch, VL: Vegetarian Lunch AS: Afternoon Snack, NI—Afternoon Snack for Nursery 1

