



JULY
2023

Notes

NUTRITION SERVICES
(315)598-4712

BREAKFAST INCLUDES:
CEREAL
MILK
BREAKFAST BAR

LUNCHES INCLUDES:
SKIM
CHOCOLATE MILK

SNACK INCLUDES:
ASSORTED SNACK
CRACKERS
JUICE

MENU IS SUBJECT TO CHANGE WITH OUT NOTICE

Mon

Tue

Wed

Thu

Fri

26
PBJ UNCRUSTABLE
STRING CHEESE
APPLESAUCE
CRAISINS

27
TURKEY &
CHEESE WRAP
BABY CARROTS
FRUIT
COCKTAIL

28
MINI
CHEESE PIZZA
CUCUMBER COINS
MANDARIN
ORANGES

29
HAM & CHEESE
WRAP
VEGGIES & RANCH
FRESH FRUIT

30
YOGURT
STRING CHEESE
BAGEL &
CREAM CHEESE
RAISINS
APPLE

3
PBJ UNCRUSTABLE
STRING CHEESE
APPLESAUCE
CRAISINS



5
MINI CHEESE
PIZZA
BABY CARROTS
PEACHES

6
POPCORN
CHICKEN &
BBQ SAUCE
CUCUMBER COINS
GRAPES
CLUB CRACKERS

7
YOGURT
STRING CHEESE
BAGEL &
CREAM CHEESE
RAISINS
APPLE

10
PBJ UNCRUSTABLE
STRING CHEESE
APPLESAUCE
CRAISINS

11
MINI CHEESE
PIZZA
BABY CARROTS
PEACHES

12
TURKEY &
CHEESE WRAP
CUCUMBER COINS
GRAPES

13
TACO SALAD
MEAT & CHEESE,
LETTUCE, TOMATO
BAKED SCOOPS
SOUR CREAM

14
YOGURT
STRING CHEESE
BAGEL &
CREAM CHEESE
RAISINS
APPLE

17
PBJ UNCRUSTABLE
STRING CHEESE
APPLESAUCE
CRAISINS

18
HAM & CHEESE
WRAP
BABY CARROTS
MANDARIN
ORANGES

19
TACO SALAD
MEAT & CHEESE,
LETTUCE, TOMATO
BAKED SCOOPS
SOUR CREAM

20
POPCORN
CHICKEN &
BBQ SAUCE
CUCUMBER COINS
GRAPES
CLUB CRACKERS

21
YOGURT
STRING CHEESE
BAGEL &
CREAM CHEESE
RAISINS
APPLE

24
PBJ UNCRUSTABLE
STRING CHEESE
APPLESAUCE
CRAISINS

25
MINI CHEESE
PIZZA
BABY CARROTS
PEACHES

26
TURKEY &
CHEESE WRAP
CUCUMBER COINS
GRAPES

27
TACO SALAD
MEAT & CHEESE,
LETTUCE, TOMATO
BAKED SCOOPS
SOUR CREAM

28
YOGURT
STRING CHEESE
BAGEL &
CREAM CHEESE
RAISINS
APPLE

31
PBJ UNCRUSTABLE
STRING CHEESE
APPLESAUCE
CRAISINS



THIS INSTITUTION IS AN EQUAL OPORTUNITY PROVIDER

Free Meals for
Children
ages 18 and under!

