| WEEK 1 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates:\| | 711/2024 | 7/2/2024 | 7/3/2024 | 7/4/2024 | 7/5/2024 |
| AM SNACK: |  |  |  |  |  |
| Milk | Milk 1 \% | Milk $1 \%$ | Milk $1 \%$ | closed | Milk $1 \%$ |
| Fruit/Vegetable |  | Frozen Berry Mix | Banana |  | Mango |
| Grain | WG Toasted Oats Cereal | WG Pancake | Rice Crisp Cereal |  | Vanilla Yogurt |
| Extra/Protein |  |  |  |  |  |
| LUNCH: |  |  |  |  |  |
|  |  |  |  |  |  |
| Milk | Milk 1 \% | Milk 1 \% | Milk 1\% | HAPPY 4th | Milk 1 \% |
| Fruit | Fruit Cocktail | Diced Pears | Diced Peaches |  | Fruit Cocktail |
| Vegetable | Beans | Lettuce | Sweet Peas |  | Mixed veggies |
| Grain | Brown Rice | WG tortillas | WG Elbow Macaroni |  | WG Pasta |
| Meat/Meat Alt |  | Turkey Taco Entrée | Cheese Sauce |  | Beef Crumble |
| Extra |  |  |  |  | Marinara Sauce |
| PM SNACK: |  |  |  |  |  |
|  |  |  |  |  |  |
| Milk/Water |  |  |  | OF JULY! |  |
| Fruit |  |  |  |  | Soft Pretzel Rod |
| Vegetable |  |  |  |  |  |
| Grain | WG Straw Waffle Graham | WG Flatbread Squares | Goldfish |  |  |
| Meat/Meat Alternate |  | Amer Cheese Slice |  |  |  |
| Extra |  |  |  |  |  |
| WEEK 2 |  |  |  |  |  |
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates:\| | 7/8/2024 | 7/9/2024 | 7/10/2024 | 7/11/2024 | 7/12/2024 |
| AM SNACK: |  |  |  |  |  |
| Milk | Milk 1 \% | Milk $1 \%$ | Milk $1 \%$ | Milk 1 \% | Milk $1 \%$ |
| Fruit/Vegetable |  | Mango |  | Blueberries | CHEF"S |
| Grain | WG Spooner Cereal | Vanilla Yogurt | Wg Oatmeal Bar | WG Cereal |  |
| Extra/Protein |  |  |  |  |  |
| LUNCH: |  |  |  |  |  |
|  |  |  |  |  |  |
| Milk | Milk $1 \%$ | Milk $1 \%$ | Milk $1 \%$ | Milk 1\% | Milk $1 \%$ |
| Fruit | Diced Pears | Fruit cocktail | Mandarin Oranges | Diced Peaches |  |
| Vegetable | String Beans | Lettuce | Mixed Veggies | Mashed Potatoes | CHOICE |
| Grain | WG Tortilla |  |  |  |  |
| Meat/Meat Alt | Turkey Slices | Diced Turkey Ham | Chicken Nuggets | Meatloaf |  |
| Extra | Cheese | Cheese/Ranch Dressing | Ketchup |  |  |
| PM SNACK: |  |  |  |  |  |
|  |  |  |  |  |  |
| Milk/Water |  |  |  |  |  |
| Fruit | Applesauce |  |  | Clementine |  |
| Vegetable |  |  |  |  |  |
| Grain | Animal Crackers | Townhouse Crackers | Granola | WG Champ Bites | DAY! |
| Meat/Meat Alternate |  | Sting Cheese | Vanilla Yogurt |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Extra |  |  |  |  |  |

[^0]Novick
CHILDCARE SOLUTIONS

BETHESDA COUNTRY DAY SCHOOL JULY 2024

| WEEK 3 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 7/15/2024 | 7/16/2024 | 7/17/2024 | 7/18/2024 | 7/19/2024 |
| AM SNACK: |  |  |  |  |  |
| Milk | Milk $1 \%$ | Milk $1 \%$ | Milk $1 \%$ | Milk 1 \% | Milk $1 \%$ |
| Fruit/Vegetable |  |  |  |  |  |
| Grain | WG Cereal | WG Waffle | WG Muffin | WG Cereal | WG Pancake |
| Extra/Protein |  |  |  |  |  |
| LUNCH: |  |  |  |  |  |
|  |  |  |  |  |  |
| Milk | Milk $1 \%$ | Milk 1\% | Milk 1\% | Milk $1 \%$ | Milk $1 \%$ |
| Fruit | Diced Peaches | Fruit Cocktail | Diced Pears | Mandarin Oranges | Applesauce |
| Vegetable | Hashbrown Potato Patty | Sweet Peas | Diced Carrots | Stringbeans | Diced Carrots |
| Grain |  | WG Hamburger Roll | Chicken Drummies |  |  |
| Meat/Meat Alt | Scrambled Egg Round | Beef Crumbles | Signature Sauce | Pizza Crunchers | WG Fish Shapes |
| Extra |  |  |  |  |  |
| PM SNACK: |  |  |  |  |  |
|  |  |  |  |  |  |
| Milk/Water |  |  |  |  |  |
| Fruit |  |  |  |  |  |
| Vegetable |  | Cucumber Slices |  |  | Fresh Veggie of Choice |
| Grain | School Made Trail Mix |  | Animal Crackers | Vanilla Wafers |  |
| Meat/Meat Alternate |  |  |  |  |  |
| Extra |  | Ranch |  |  | Ranch |
|  |  |  |  |  |  |


| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Dates: | $7 / 22 / 2024$ | $7 / 23 / 2024$ | $7 / 24 / 2024$ | $7 / 25 / 2024$ | $7 / 26 / 2024$ |

## AM SNACK:

| Milk | Milk 1\% | Milk 1\% | Milk $1 \%$ | Milk $1 \%$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Fruit/Vegetable |  |  |  |  |
| Grain | WG French Toast Sticks | WG Rice Crisp Cereal | English Muffin |  |
| Extra/Protein |  |  | Sunbutter | WG Cereal | LUNCH:


|  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Milk | Milk 1\% |  |  |  |  |
| Fruit | Fruit Cocktail | Milk 1\% | Milk 1\% | Milk 1\% |  |
| Vegetable | Broccoli | Applesauce | Diced Peaches | Pineapple |  |
| Grain | Corn | Tater Tots | Veggies |  |  |
| Meat/Meat Alt | Grilled Cheese | WG Eggroll | WG Hamburger Roll | Stringbeans |  |
| Extra | Chicken | CheeseBurger | Dice |  |  |

PM SNACK:

| Milk/Water | Water | Water | Water | Water | Water |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Fruit |  |  |  | Apple Slices |  |
| Vegetable |  |  |  |  | CHEF |
| Grain | WG Straw Waffle Graham | WG Flatbread Squares | Cheezit Crackers |  |  |
| Meat/Meat Alternate |  | Cheese |  | Sunbutter | Choice |
| Extra |  |  |  |  | Day! |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
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[^1]CHILDCARE SOLUTIONS

| WEEK 5 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY |  |  |
| Dates: | 7/29/2024 | 7/30/2024 | 7/31/2024 |  |  |
| AM SNACK: |  |  |  |  |  |
| Milk | Milk 1\% | Milk 1\% | Milk 1\% | Milk 1\% | Milk 1\% |
| Fruit/Vegetable |  | Banana |  |  |  |
| Grain | WG French Toast Sticks | WG Rice Crisp Cereal | WG Waffle | WG Cereal Oatmeal Bar | WG Apple Cinnamon Loaf |
| Extra/Protein |  |  |  |  |  |
| LUNCH: |  |  |  |  |  |
|  |  | Chic/Veggie Eggrolls | Cheeseburger |  |  |
| Milk | Milk 1\% | Milk 1\% | Milk 1\% | Milk 1\% | Milk 1\% |
| Fruit | Fruit Cocktail | Applesauce | Diced Peaches | Pineapple Tidbits | Diced Pears |
| Vegetable | Broccoli | Corn | Tater Tots | Diced Carrots | Salad |
| Grain |  | WG Eggroll | WG Hamburger Roll |  | WG Pizza |
| Meat/Meat Alt | Grilled Cheese | Chicken | Cheeseburger | Wg Chicken Drummies |  |
| Extra |  |  |  |  |  |
| PM SNACK: |  |  |  |  |  |
|  |  |  |  |  |  |
| Milk/Water | Water | Water | Water | Water | Water |
| Fruit |  |  |  |  | Apple Slices |
| Vegetable |  |  |  |  |  |
| Grain | WG Straw Waffle Graham | WG Wheat Crackers | Cheezit Crackers | Savory Wheat Bites |  |
| Meat/Meat Alternate |  | Amer Cheese Slice |  | String Cheese | Sunbutter |


[^0]:    1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. 2. The fruit component at lunch may be substituted by an additional vegetable.

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[^1]:    1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. 2. The fruit component at lunch may be substituted by an additional vegetable.

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