

Parish Day School Menu July 2024

	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Yogurt Granola	Banana Milk	Cheerios Milk
AM Snack	Wheat saltines Cheese	Ritz cracker Oranges	Vanilla wafers Kroger brand Bananas	Cheese crackers Apples	Cereal bar Milk
Lunch (with skim milk)	Tyson Chicken nuggets Wheat roll Corn Applesauce	Spaghetti with ground beef marinara sauce Green beans Peaches	Ham and cheese rollups Carrots Pineapple	Beef tacos Corn and black beans Pears	Turkey and cheese on wheat bread Cucumbers Oranges
PM Snack	Animal cracker Apple juice	Graham cracker Banana	Oyster crackers Apple juice Rm 20 Saltine crackers	Wheat crackers Cheese sticks	Managers choice Apple juice

All highlighted items contain or may contain traces of egg.

Blue highlight items are on the menu and served in other rooms. An egg free substitute will be served to room 13 and 20.

Yellow highlight items are served in room 13 and 20 and cannot be substituted.

*Menu is subject to change due to availability.
Managers choice may consist of any snack on the menu.*

Parish Day School Menu July 2024

	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Cheerios Milk	Cinnamon toast Milk
AM Snack	Ritz crackers Cheese sticks	Wheat crackers Oranges	Pirate's booty Apples	Graham crackers Bananas	Berry cereal Yogurt
Lunch (with skim milk)	Fish sticks Wheat roll Green beans Mixed fruit	Macaroni and cheese Broccoli Pears	Grilled cheese Corn Pineapple	Baked chicken Rice Peas Peaches	Ham and cheese on wheat bread Cucumbers Apples
PM Snack	Oyster crackers Apple juice Rm 20 Saltine cracker	Vanilla wafers Kroger brand Bananas	Cheese crackers Apple juice	Wheat Saltine cracker Cheese	Ritz crackers Apple juice

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Parish Day School Menu July 2024

	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Yogurt Granola	Cheerios Milk
AM Snack	Wheat saltines Cheese	Ritz crackers Oranges	Pretzels Pickles	Vanilla wafers Kroger brand Bananas	Apple sauce Goldfish
Lunch (with skim milk)	Tyson Chicken nuggets Wheat roll Green beans Applesauce	Cheese quesadillas Corn Pears	Ham and cheese rollups Carrots Pineapple	Beef and noodles Peas Mixed fruit	Turkey and cheese on wheat bread Carrots Apples
PM Snack	Graham crackers Apple juice	Animal crackers Bananas	Oyster crackers Rm 20 Saltine cracker Apple juice	Wheat crackers Cheese stick	Manager choice Apple juice

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Parish Day School Menu July 2024

	Monday 29	Tuesday 30	Wednesday 31	Thursday Aug.1	Friday Aug.2
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Yogurt Granola Milk	Cheerios Milk
AM Snack	Wheat cracker Cheese sticks	Cheese crackers Apples	Ritz crackers Oranges	Graham crackers Bananas	Pretzels Yogurt
Lunch (with skim milk)	Tyson chicken nuggets Wheat roll Green beans Applesauce	Grilled cheese Tomato soup Carrots Mixed fruit	Baked ziti Salad Mixed fruit	Chicken ranch wraps Broccoli Mix fruit	Ham and cheese on wheat bread Cucumbers Apples
PM Snack	Animal cracker Apple juice	Vanilla wafers Kroger brand Bananas	Oyster crackers Apple juice Rm 20 Saltine cracker	Wheat saltine Cheese	Managers choice Apple Juice

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