




# Chef Cyndi's July Menu 2020



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		<b>1</b> <b>AM: Blueberry Muffins</b> Green Beans Beef Meatballs Mashed Potatoes Fresh Fruit/Milk <b>Snap Peas &amp; Flat Bread</b>	<b>2</b> <b>AM: Sliced Peaches &amp; Crispix</b> Chicken Noodle Soup Potato Rolls Fresh Fruit/Milk  <b>Soybutter &amp; Bananas</b>	<b>3</b>  Montessori Schools of Irvine CLOSED in observance of 4th of July Holiday
<b>6</b> <b>AM: Cereal Mix &amp; Milk</b> Cali Blend Veggies Cheese Ravioli Fresh Fruit/Milk <b>Jicama Sticks &amp; Hummus</b>	<b>7</b> <b>AM: Cereal Bars/Gr. Yogurt</b> San Fran blend veggies Turkey Tetrazzini Fresh Fruit/Milk <b>Broccoli &amp; Apple Salad</b>	<b>8</b> <b>AM: Applesauce &amp; Granola</b> Sweet Corn Southwestern Chicken & Rice Bowl Fresh Fruit/Milk <b>Hardboiled Egg/Cucumber</b>	<b>9</b> <b>AM: Edamame /Pretzel Fish</b> Stir Fry Veggies Orange Chicken/Egg Rolls Fresh Fruit/Milk <b>Turkey &amp; Cheese Cubes</b>	<b>10</b> <b>AM: Honeydew &amp; Cheezits</b> Beans & Franks (Turkey) Corn Bread Muffins Fresh Fruit/Milk <b>Watermelon &amp; Crispix</b>
<b>13</b> <b>AM: Granola, Cran. &amp; Milk</b> Scrambled Eggs French Toast Sticks Fresh Fruit/Milk <b>Sliced Pears/Cubed Cheese</b>	<b>14</b> <b>AM: Raisin Bran &amp; Milk</b> Warm Veggies White Fish & Rice Pilaf Fresh Fruit/Milk <b>Jell-O &amp; Fruit</b>	<b>15</b> <b>AM: Rainbow Goldfish/Snap Peas</b> Rainbow Pasta Salad w/ chicken & cheese Potato Rolls/Fresh Fruit/Milk <b>Yogurt,Fruit, Rainbow Sprink.</b>	<b>16</b> <b>AM: Tuna Salad/Cucumber</b> Steamed Broccoli Pepper Steak & Brown Rice Fresh Fruit/Milk <b>Jicama Salad</b>	<b>17</b> <b>AM: Edamame &amp; Flat Bread</b> Mixed Veggies Baked Ziti & Hawaiian Rolls Fresh Fruit/Milk <b>Apples &amp; Soybutter</b>
<b>20</b> <b>AM: Snap Peas &amp; Cheese</b> Stir Fry Veggies Tofu Nuggets Brown Rice Fresh Fruit/Milk <b>Quinoa Salad w/ veggies</b>	<b>21</b> <b>AM: Man.Org./Cereal Bars</b> Minestrone Soup Corn Bread Muffins Fresh Fruit/Milk  <b>Strawberries &amp; Waffles</b>	<b>22</b> <b>AM: Snack Mix &amp; Milk</b> Cooked Carrots Spaghetti w/ meat sauce(beef) Fresh Fruit/Milk  <b>Corn Salad &amp; Cheezits</b>	<b>23</b> <b>AM: Apples &amp; CreamCheese</b> Broccoli Salad Mini Corn Dogs (chicken) Sweet Potato Tots Fresh Fruit/Milk <b>Turkey &amp; Cheese</b>	<b>24</b> <b>AM: Cucumbers &amp; Hummus</b> Sweet Corn Cheese Enchiladas Spanish Rice Fresh Fruit/Milk <b>Chicken Pot Stickers</b>
<b>27</b> <b>AM: Yogurt &amp; Granola</b> Mixed Veggies Mac & Cheese Fresh Fruit/Milk <b>Watermelon &amp; Crispix</b>	<b>28</b> <b>AM: Peaches &amp; Goldfish</b> Kale & Red Cabbage Slaw Fish Sticks & Tator Tots Fresh Fruit/Milk <b>Egg Salad &amp; Oyster Crackers</b>	<b>29</b> <b>AM: Granola &amp; Milk</b> Roasted Carrots & Potatoes Pot Roast & Hawaiian Rolls Fresh Fruit/Milk <b>Veggie Chips &amp; Humus</b>	<b>30</b> <b>AM: Pineapple/Cornflakes</b> Chicken Taco Salad Corn Chips Fresh Fruit/Milk <b>Carrot&amp;Raisin Salad/ Greek yogurt</b>	<b>31</b> <b>AM: Or.&amp;Cran. Muffins</b> Broccoli & Beef Rice Bowl Fresh Fruit/Milk <b>Soft Pretzel bits &amp; Cream Cheese</b>