ESS MENU

Fletcher Hills Northmont

Lemon Ave Rolando

Loma Sweetwater Springs

Maryland LMAAC

Murdock Parkway Middle

Murray Manor

**Plate Includes 2 of the 4 Components**

* Milk, Fluid
* Fruit/Vegetable
* Grains/Breads
* Meat/Meat Alternate

###  July 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  **MONDAY** |  **TUESDAY** |  **WEDNESDAY** |  **THURSDAY** |  **FRIDAY** |
| **1 Nacho Cheese Doritos (1 each)** **MILK (8 OZ)**Image result for Doritos Nacho cheese images clip artChocolate Milk Clipart | **2****Cereal (1 Each)****MILK (8 OZ)** | **3****Tostitos Scoops (1 Each)** **JUICE (6 OZ)** | Description: Image result for 4th of july clip art**4** | **5****Whole Grain Pop-Tart (1 Each)****MILK (8 OZ)** |
| **8****Cool Ranch Doritos (1 each)****MILK (8 OZ)** | **9** **Cereal (1 Each)****MILK (8 OZ)** | **10 Baked Cheetos (1 Each)** juice1[1]5162urTNHyL**JUICE (6 OZ)** | **11****Cheez Its (1 each)****JUICE (6 OZ)** | **12 MILK (8 OZ)**https://www.lanternclub.com.au/wp-content/uploads/2015/06/Chefs-Choice.jpg |
| **15****Nacho Cheese Doritos (1 each)****MILK (8 OZ)** | **16****Cereal (1 Each)****MILK (8 OZ)** | **17****Tostitos Scoops (1 Each)** **JUICE (6 OZ)** | **18****Goldfish Cheddar (1 each)** **JUICE (6 OZ)** | **19 Whole Grain Pop-Tart**  **(1 Each) MILK (8 OZ)**Image result for whole grain pop tarts image |
| **22****Cool Ranch Doritos (1 each)****MILK (8 OZ)** | **23****Cereal (1 Each)****MILK (8 OZ)** | **24****Baked Cheetos (1 Each)** **JUICE (6 OZ)** | **25****Cheez Its (1 each)****JUICE (6 OZ)** | **26****Chewy Bar (1 each)****MILK (8 OZ)** |
| **29****Nacho Cheese Doritos (1 each)****MILK (8 OZ)** | **30****Cereal (1 Each)****MILK (8 OZ)** http://www.earlychildhoodworksheets.com/clipart/food/cereal.gif | I:\ESS-Shared\Child Nutrition\Snack Graphics\Summer.jpg**31****Tostitos Scoops (1 Each)** **JUICE (6 OZ)** |  |  |

 *Menu subject to change. This institution is an equal opportunity provider.*