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](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwii17vdt-vLAhUJxmMKHZbkAgwQjRwIBw&url=http%3A%2F%2Fwww.amazon.com%2FCheetos-Crunchy-Flamin-Flavored-7-625oz%2Fdp%2FB00796NCC6&bvm=bv.118443451,d.cGc&psig=AFQjCNFNUCQMobv5P8ftewPwX6Es_Sz_Cg&ust=1459531212252854)**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](http://www.earlychildhoodworksheets.com/food-clipart.html) | 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.*