



# PARENT/CHILD INCORPORATED - JULY 2010 MENU

				THURSDAY 1		FRIDAY 2		
				Pancake Apple Juice w/vit. C Milk		White Toast Diced Pears Milk		
				Spaghetti w/ Ground Meat Sauce Green Beans Peaches Milk		Chopped BBQ Beef Buttered Corn Green Peas/Carrots Roll Milk		
				Oatmeal Cookie Milk		W.W. Apple Bread Orange Juice		
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9				
INDEPENDENCE DAY HOLIDAY		Biscuit Orange Juice Milk	Rice Krispies Applesauce Milk	Wheat Toast Sliced Peaches Milk	French Toast Applesauce Milk			
		Hot Dog Buttered Carrots Fruit Cocktail Milk	Bean/Cheese Chalupa Lettuce/Tomato Diced Pears Milk	Tuna Salad Sandwich Green Pea Salad Fruit Cocktail Milk	Hamburger Patty on Hamburger Bun Lettuce & Tomato Cantaloupe Milk			
		Animal Crackers Milk	Banana Milk	P.B. Sandwich Square Orange Juice	Bread Stick Milk			
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16				
White Toast Apple Juice w/vit C Milk		Corn Flakes Banana Milk	Biscuit Pineapple Tidbits Milk	Raisin Toast Orange Juice Milk	French Toast Applesauce Milk			
Chicken Nuggets Mashed Potatoes Broccoli Bread Milk		Beef & Spanish Rice Green Beans Applesauce Milk	Ham Pattie w/Gravy Mashed Potatoes Broccoli Wheat Bread Milk	Turkey/Cheese Sandwich Carrot Coleslaw Peaches Milk	Corn Dog Buttered Corn Mandarin Oranges Milk			
Graham Crackers Milk		Ritz Crackers Orange Juice	Hardboiled Egg Milk	Oatmeal Cookie Milk	Cheese Stick Pineapple Juice			
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23				
White Toast Apple Juice w/vit C Milk		Waffle Orange Juice Milk	Cheerios Diced Pears Milk	Wheat Toast Pineapple Tidbits Milk	Pancake Orange Juice Milk			
Beef Patty w/gravy Mashed Potatoes Broccoli/Carrots Wheat Bread Milk		Chicken A La King Egg Noodles Green Peas Pineapple Tidbits Milk	Ham/Cheese on Wheat Bread Carrot/Cabbage Slaw Fruit Cocktail Milk	W.W. Spaghetti w/ Ground Meat Sauce Lettuce Tomato Salad Peaches Milk	Chopped BBQ Beef Buttered Corn Green Peas/Carrots Roll Milk			
Vanilla Wafers Milk		Banana Milk	W.W. Apple Bread Milk	Cheese Stick Apple Juice w/vit. C	Animal Cookies Milk			
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30				
French Toast Apple Juice w/vit. C Milk		White Toast Orange Juice Milk	Biscuit Banana Milk	Raisin Toast Diced Pears Milk	Rice Krispies Apple Juice w/vit. C Milk			
Hot Dog Buttered Carrots Fruit Cocktail Milk		Bean/Cheese Chalupa Lettuce/Tomato Diced Pears Milk	Beef/W.W. Rotini Casserole Carrots/Broccoli Sliced Peaches Milk	Tuna Salad Sandwich Green Pea Salad Fruit Cocktail Milk	Hamburger Patty on Hamburger Bun Lettuce & Tomato Cantaloupe Milk			
Graham Crackers Milk		P.B. Sandwich Square Milk	Hardboiled Egg Milk	Cheese Stick Orange Juice	Oatmeal Cookie Milk			