

Monday

Tuesday

Wednesday

Thursday

Friday

TurtleRock

July Snack Menu

Harvest of the Month
Cucumber



Cucumbers are packed with beneficial nutrients and antioxidants, making them a healthy addition to any diet. They are particularly known for their high-water content, which contributes to hydration, and their fiber content, which aids digestion.

1

AM: Toasted English Muffins with Maple Brown Sugar Spread & Orange Wedges

PM: Cucumber Coins with Hummus Dip

2

AM: Apple Pie Muffin & Bartlett Pear

PM: Mango Popsicles & Belvita Crackers

3

AM: Cheesy Scrambled Eggs with Warm Tortillas & Avocado Slices

PM: Red, White and Blue Cheesecake Salad (Strawberries, Blueberries and Bananas)

4



7

AM: French Toast Sticks with 100% Mango Juice

PM: Bean Dip with Multigrain Chips

8

AM: Vanilla Yogurt with Granola & Diced Pears

PM: Rice Cakes with Cream Cheese and Cherry Tomatoes

9

AM: Potato and Eggs with Roasted Vegetables

PM: Homemade Strawberry Lemonade & Fig Bars

10

AM: Verry Berry Kix Cereal with Milk & Raspberries

PM: Lentil Salad & Naan Bread Bites

11

AM: Cream of Wheat with Diced Peaches

PM: Cinnamon & Brown Sugar Pita Chips & Orange Slices

14

AM: Raisin Bran Cereal with Milk

PM: Homemade Rice Pudding with Golden Raisins

15

AM: Strawberry Muffin & Berry Salad

PM: Mini Cucumber Tea Sandwiches

16

AM: Blueberry Bagels with Cream Cheese

PM: Tropical Smoothie & Graham Crackers

17

AM: Greek Yogurt with Honey & Banana

PM: Homemade Guacamole with Blue Corn Chips

18

AM: Scrambled Eggs a Warm Flour Tortilla & 100% Apple Juice

PM: Turkey & Cheese Bites & Black Grapes

21

AM: Vanilla Yogurt with Honey & Pears

PM: Protein Oatmeal Bites (Oatmeal, Honey and Cranberries)

22

AM: Avocado Toast & Green Grapes

PM: Cucumber Agua Fresca & Wheat Thins

23

AM: Maple Oatmeal with Golden Raisins

PM: Homemade Orange Cream Popsicles & Petite Palmiers

24

AM: Hard Boiled Egg with Turkey Sausage & Fresh Orange Juice

PM: Chocolate Avocado Pudding

25

AM: Buttermilk Waffles & Pineapple Spears

PM: Cheddar Cheese Puffs & Jicama Sticks

28

AM: Fruitful O's Cereal with Milk & Apples

PM: Tapioca Pudding & Apple Slices

29

AM: Cheesy Mushroom Egg Frittata

PM: Ants on a Log (Celery Sticks, Sunflower Butter & Raisins)

30

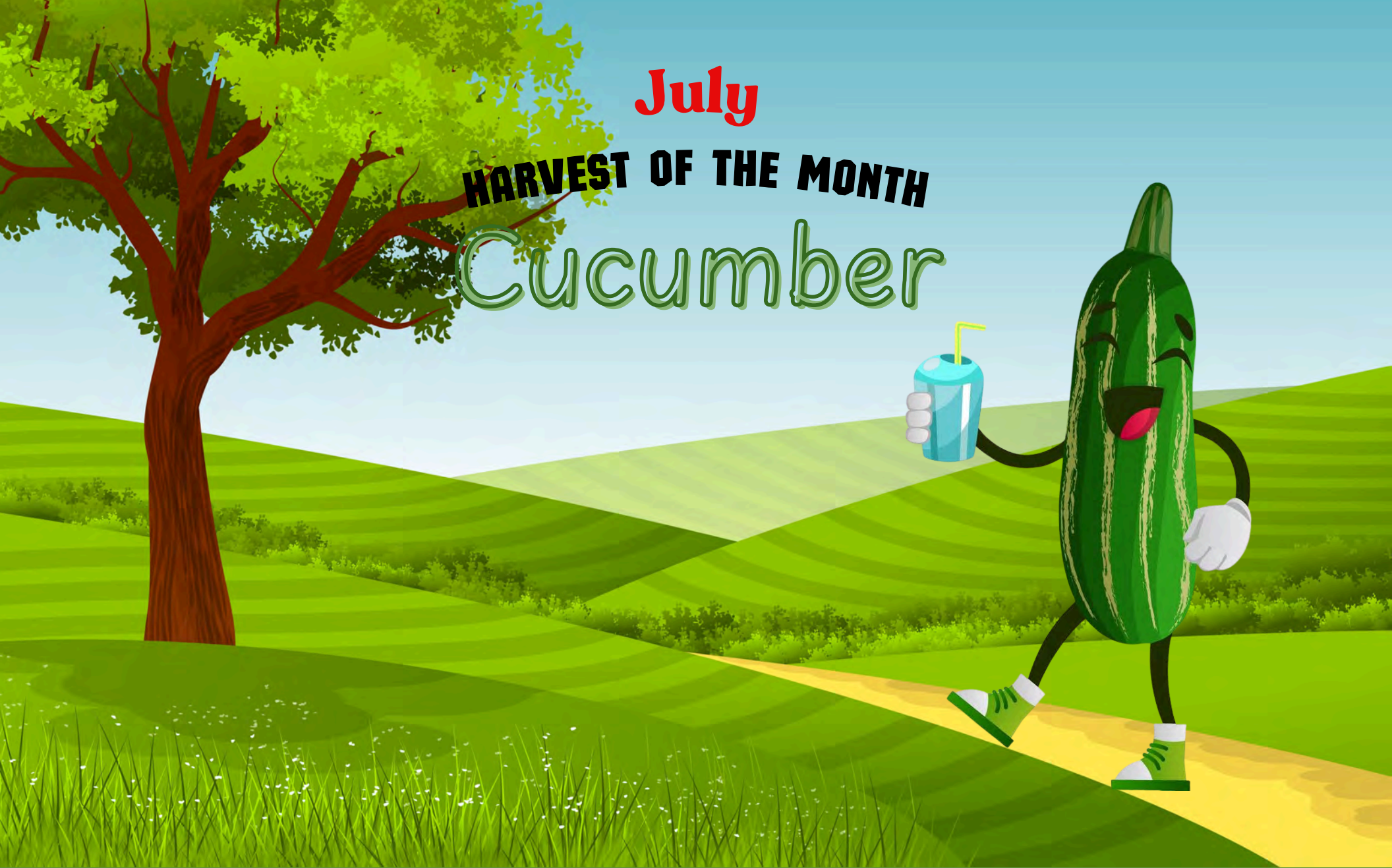
AM: Strawberry Yogurt with Corn Flakes Cereal

PM: Japanese Rice Balls (Roasted Seaweed and Steamed Rice)

31

AM: Cinnamon Raisin Toast & Strawberries

PM: Banana & SunButter Roll-Ups



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