

# Carlsbad Country Day

## Breakfast Menu - July



7/7 Monday	7/8 Tuesday	7/9 Wednesday	7/10 Thursday	7/11 Friday
Cereal	French Toast	Waffles	Bagel and Cream Cheese	Pancakes
Bananas	Pears	Fruit	Pears	Fruit
Milk	Milk	Milk	Milk	Milk

7/14 Monday	7/15 Tuesday	7/16 Wednesday	7/17 Thursday	7/18 Friday
Cereal	French Toast	Waffles	Bagel and Cream Cheese	Pancakes
Bananas	Pears	Fruit	Pears	Fruit
Milk	Milk	Milk	Milk	Milk

7/21 Monday	7/22 Tuesday	7/23 Wednesday	7/24 Thursday	7/25 Friday
Cereal	French Toast	Waffles	Bagel and Cream Cheese	Pancakes
Bananas	Pears	Fruit	Pears	Fruit
Milk	Milk	Milk	Milk	Milk

7/28 Monday	7/29 Tuesday	7/30 Wednesday	7/31 Thursday	8/1 Friday
Cereal	French Toast	Waffles	Bagel and Cream Cheese	Pancakes
Bananas	Pears	Fruit	Pears	Fruit
Milk	Milk	Milk	Milk	Milk

# Carlsbad Country Day Lunch Menu - July



7/7 Monday	7/8 Tuesday	7/9 Wednesday	7/10 Thursday	7/11 Friday
BBQ Turkey Meatballs Peas Applesauce	Turkey Tacos Lettuce Watermelon	Chicken Parmesan Green Beans Oranges	Pesto Pasta With Chicken Peaches Broccoli	BBQ Chicken Green Beans Cornbread Pineapple

7/14 Monday	7/15 Tuesday	7/16 Wednesday	7/17 Thursday	7/18 Friday
Spaghetti Meatballs Peas Peaches	Chicken Teriyaki Rice Mixed Veggies	Turkey Chili Cornbread Peaches	Chicken Cacciatore Rice Carrots	Chicken Lo Mein Mixed Veggies Melon

7/21 Monday	7/22 Tuesday	7/23 Wednesday	7/24 Thursday	7/25 Friday
BBQ Chicken Green Beans Cornbread Pineapple	Beef Stroganoff Peas Pears	Chicken Noodle Soup Cornbread Oranges	Beef Casserole Bell Peppers Apples	Penne Bolognese Broccoli Apples

7/28 Monday	7/29 Tuesday	7/30 Wednesday	7/31 Thursday	8/1 Friday
Yellow Chicken Curry Carrots Potatoes	Turkey Tacos Lettuce Watermelon	Teriyaki Beef Bowls Brown Rice Broccoli	Chicken Cauliflower Bake Mandarin	Chicken Piccata Butter Pasta Broccoli