

**TYSONS CORNER CHILDREN'S CENTER  
MCLEAN**

**JULY 2019**

**BREAKFAST/PM SNACK**

<p><b>July 01</b> AM: Toastio's Cereal, 1/2c Fresh Apple, 1/2ea TT: All Natural Applesauce PM: Whole Wheat Pita, 1/2ea Pears in Juice, 1/2c TT: Townhouse Crackers</p>	<p><b>July 02</b> AM: Bagel, Whole Grain Sliced w/ Butter, 1/2ea Fresh Orange Wedges, 4pcs TT: Pears in Juice PM: Townhouse Crackers, 4ea Cream Cheese, 1/2oz</p>	<p><b>July 03</b> AM: Krispie Rice Cereal, 1/2c Fresh Banana, 1/2e PM: Mini Pretzels, 1/3c Fresh Apple, 1/2ea TT: All Natural Applesauce Townhouse Crackers, 4ea</p>	<p><b>July 04</b></p>  <p>Happy 4th of July!</p>	<p><b>July 05</b> AM: Zucchini Bread, 1sl Fresh Honey Dew Melon, 1sl TT: Diced Honey Dew Melon PM: String Cheese, 1ea Fresh Banana, 1/2e TT: Cheddar Cheese Slice</p>
<p><b>July 08</b> AM: Krispie Rice Cereal, 1/2c Fresh Apple, 1/2ea TT: Cheerios/Pears in Juice PM: Quinoa Chips NON-GMO, 1/3c Mandarin Oranges, 1/2c</p>	<p><b>July 09</b> AM: Whole Grain Banana Muffin, 1ea Fresh Orange Wedges, 4pcs TT: Peaches in Juice PM: Saltines, 4ea Cream Cheese, 1/2oz</p>	<p><b>July 10</b> AM: Corn Chex Cereal (GF), 1/2c Fresh Banana, 1/2ea TT: Toastio's Cereal PM: Townhouse Crackers, 4ea Cheddar Cheese, 1sl</p>	<p><b>July 11</b> AM: Strawberry Yogurt, 1/2c Homemade Granola, 1/4c Fresh Banana, 1/2ea PM: Monterey Jack Cheese, 1sl Fresh Fruit Salad TT: Townhouse Crackers, 4ea TT: Diced Mixed Melons</p>	<p><b>July 12</b> AM: Blueberry Bread, 1sl Fresh Cantaloupe, 1sl TT: Diced Fresh Cantaloupe PM: Whole Grain Goldfish, 1pkt Fresh Orange Wedges, 4 pcs TT: Pears in Juice</p>
<p><b>July 15</b> AM: Toastio's Cereal, 1/2c Fresh Apple, 1/2ea TT: All Natural Applesauce PM: Whole Wheat Pita, 1/2ea Pears in Juice, 1/2c TT: Townhouse Crackers</p>	<p><b>July 16</b> AM: Bagel, Whole Grain Sliced w/ Butter, 1/2ea Fresh Orange Wedges, 4pcs TT: Pears in Juice PM: Townhouse Crackers, 4ea Cream Cheese, 1/2oz</p>	<p><b>July 17</b> AM: Krispie Rice Cereal, 1/2c Fresh Banana, 1/2e PM: Mini Pretzels, 1/3c Fresh Apple, 1/2ea TT: All Natural Applesauce Townhouse Crackers, 4ea</p>	<p><b>July 18</b> AM: Vanilla Yogurt, 1/2c Homemade Granola, 1/4c Fresh Orange Wedges, 4pcs TT: Diced Mixed Melons PM: Fresh Baby Carrots, 1/2c Ranch Dip Whole Grain Cheese Goldfish, 1/3c TT: Pears in Juice</p>	<p><b>July 19</b> AM: Zucchini Bread, 1sl Fresh Honey Dew Melon, 1sl TT: Diced Honey Dew Melon PM: String Cheese, 1ea Fresh Banana, 1/2e TT: Cheddar Cheese Slice</p>
<p><b>July 22</b> AM: Krispie Rice Cereal, 1/2c Fresh Apple, 1/2ea TT: Cheerios/Pears in Juice PM: Quinoa Chips NON-GMO, 1/3c Mandarin Oranges, 1/2c</p>	<p><b>July 23</b> AM: Whole Grain Banana Muffin, 1ea Fresh Orange Wedges, 4pcs TT: Peaches in Juice PM: Saltines, 4ea Cream Cheese, 1/2oz</p>	<p><b>July 24</b> AM: Corn Chex Cereal (GF), 1/2c Fresh Banana, 1/2ea TT: Toastio's Cereal PM: Townhouse Crackers, 4ea Cheddar Cheese, 1sl</p>	<p><b>July 25</b> AM: Strawberry Yogurt, 1/2c Homemade Granola, 1/4c Fresh Banana, 1/2ea PM: Monterey Jack Cheese, 1sl Fresh Fruit Salad TT: Townhouse Crackers, 4ea TT: Diced Mixed Melons</p>	<p><b>July 26</b> AM: Blueberry Bread, 1sl Fresh Cantaloupe, 1sl TT: Diced Fresh Cantaloupe PM: Whole Grain Goldfish, 1pkt Fresh Orange Wedges, 4 pcs TT: Pears in Juice</p>
<p><b>July 29</b> AM: Toastio's Cereal, 1/2c Fresh Apple, 1/2ea TT: All Natural Applesauce PM: Whole Wheat Pita, 1/2ea Pears in Juice, 1/2c TT: Townhouse Crackers</p>	<p><b>July 30</b> AM: Bagel, Whole Grain Sliced w/ Butter, 1/2ea Fresh Orange Wedges, 4pcs TT: Pears in Juice PM: Townhouse Crackers, 4ea Cream Cheese, 1/2oz</p>	<p><b>July 31</b> AM: Krispie Rice Cereal, 1/2c Fresh Banana, 1/2e PM: Mini Pretzels, 1/3c Fresh Apple, 1/2ea TT: All Natural Applesauce Townhouse Crackers, 4ea</p>		<p><b>Fairfax Food Service &amp; Caterers</b> P.O. Box 418 Newington, Va. 22122 703-550-1820</p> <p><b>Whole Grains</b> <b>Fresh Fruit</b> <b>NO HFC/GF Ketchup/Syrup</b></p>

Milk served with AM to meet Breakfast requirements. 1% & Whole milk for TT  
Fairfax Food Service & Caterers