

<p><b>**NAE**</b> <u>Never Antibiotics Ever</u></p> <p><b>**NO HFC**</b> <u>Ketchup, Syrup, Breads</u></p>				<p><b>Friday, July 1, 2022</b> <u>Breakfast for Lunch!!</u> WG Buttermilk Pancake w/Syrup, 1ea Danimals Vanilla Yogurt (veg), 1ea GF Chicken Sausage Patty, 1ea Fresh Baby Carrots w/Dip, 1/4c Fresh Orange Wedges, 2ea</p> <p><b>TODS &amp; TWOS</b> Mandarin Oranges / Carrot Coins VEG: Morningstar Veggie Sausage</p>
<p><b>Monday, July 4, 2022</b></p> <p><u>July 4, Holiday</u></p>	<p><b>Tuesday, July 5, 2022</b> <b>Roasted Teriyaki Chicken Strips, 3ea</b> Plain WG Brown Rice w/Cauliflower, 1/4c Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>TODS &amp; TWOS</b> Carrot Coins</p> <p><b>VEG: Vegetarian Nacho Fiesta</b></p>	<p><b>Wednesday, July 6, 2022</b> <b>NAE Chicken Fajitas, 1/3c</b> Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Fresh Banana, 1/2ea</p> <p><b>VEG: Chickenless Fajita Strips</b></p>	<p><b>Thursday, July 7, 2022</b> <b>Cheeseburger Meatloaf, 1ea</b> Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Orange Wedges, 2ea</p> <p><b>TODS &amp; TWOS</b> Mandarin Oranges/Carrot Coins</p> <p><b>VEG: Vegan Black Bean Chili</b></p>	<p><b>Friday, July 8, 2022</b> <b>**Meatless Baked Ziti**</b> WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Italian Bread, 1sl Fresh Cantaloupe, 1sl</p> <p><b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans Diced Cantaloupe <b>VEG: Baked Ziti</b></p>
<p><b>Monday, July 11, 2022</b> <b>Swedish Beef Meatballs, 3ea</b> Plain WG Brown Rice w/Cauliflower, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Pineapple Tidbits, 3/8c</p> <p><b>TODS &amp; TWOS</b> Sweet Peas / Peaches in Juice</p> <p><b>VEG: Vegetarian Meatballs w/ Veg Gravy</b></p>	<p><b>Tuesday, July 12, 2022</b> <b>Pizza Pasta Bake, 1/2c</b> WG Pasta/Marinara/Beef Crumbles Chicken&amp;Beef Pepperoni/Tomato Sauce Shredded Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Banana, 1/2ea</p> <p><b>VEG: Vegetarian Pizza Pasta Bake</b></p>	<p><b>Wednesday, July 13, 2022</b> <b>NAE WG Chicken Nuggets, 4ea</b> No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/4c Parmesan Cheese, 1/4oz Fresh Orange Wedges, 2ea</p> <p><b>TODS &amp; TWOS</b> Mandarin Oranges / Green Beans</p> <p><b>VEG: Morningstar Veggie Nuggets</b></p>	<p><b>Thursday, July 14, 2022</b> <b>Italian Beef Meatball Sub, 3ea</b> Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Sweet Tender Peas, 1/4c Fresh Gala Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b> All Natural Applesauce</p> <p><b>VEG: Italian Veggie Meatball Sub</b></p>	<p><b>Friday, July 15, 2022</b> <b>WG Breaded Pollock Alaska Nuggets, 3ea</b> Ketchup Cheesy WG Brown Rice w/ Cauliflower, 1/4c Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Honey Dew Melon, 1sl</p> <p><b>TODS &amp; TWOS</b> Diced Honey Dew/Carrot Coins <b>VEG: Black Beans &amp; WG Cheesy Rice w/Cauliflower</b></p>
<p><b>Monday, July 18, 2022</b> <b>Chicken Slider on Bun, 1ea</b> Fancy Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea No HFC Ketchup Steamed Green Beans, 1/4c Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>VEG: Vegetarian Sausage Slider</b></p>	<p><b>Tuesday, July 19, 2022</b> <b>Salisbury Steak &amp; Gravy, 1ea</b> Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Red Delicious Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b> All Natural Applesauce</p> <p><b>VEG: Veg Sausage Crumbles w/Veg Gravy</b></p>	<p><b>Wednesday, July 20, 2022</b> <b>GF Chicken Tender Strips, 3ea</b> No HFC Ketchup Plain WG Brown Rice w/Cauliflower, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Cantaloupe, 1sl</p> <p><b>TODS &amp; TWOS</b> Diced Cantaloupe/Carrot Coins</p> <p><b>VEG: Vegan Refried Beans/Cheese (side)</b></p>	<p><b>Thursday, July 21, 2022</b> <b>WG Spaghetti w/ Beef &amp; Lentils</b> Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach &amp; Ranch, 1/4c Fresh Banana, 1/2ea</p> <p><b>TODS &amp; TWOS</b> Sweet Peas</p> <p><b>VEG: WG Spaghetti Marinara/Parmesan</b></p>	<p><b>Friday, July 22, 2022</b> <b>NAE Boneless Chicken Wing Dings, 3ea</b> No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c</p> <p><b>Fresh Seedless Watermelon, 1 sl</b></p> <p><b>TODS &amp; TWOS</b> Mandarin Oranges Peas, Carrots, Green Beans</p> <p><b>VEG: Morningstar Veggie Nuggets, 5ea</b></p>
<p><b>Monday, July 25, 2022</b> <b>Oven Baked Chicken Patty, 1ea</b> Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c</p> <p><b>VEG: Veg Slider w/ Shred Cheese/Slider Bun</b></p>	<p><b>Tuesday, July 26, 2022</b> <b>Macaroni &amp; Cheese w/ WG, 1/2c</b> 100% Whole Grain Bread, 1/2sl Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Banana, 1/2ea</p> <p><b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans</p> <p><b>VEG: Macaroni &amp; Cheese w/ WG</b></p>	<p><b>Wednesday, July 27, 2022</b> <b>PIZZA DAY!!!</b> <b>Cheese Pizza, 1sl</b> Sweet Yellow Corn, 1/4c Fresh Honey Dew Melon, 1sl</p> <p><b>TODS &amp; TWOS</b> Carrot Coins Diced Honey Dew</p> <p><b>VEG: Cheese Pizza</b></p>	<p><b>Thursday, July 28, 2022</b> <b>Corn Dog Nuggets, 4ea</b> No HFC Ketchup Steamed Green Beans, 1/4c Fresh Golden Delicious Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b> All Natural Applesauce</p> <p><b>VEG: Black Beans &amp; WG Rice</b></p>	<p><b>Friday, July 29, 2022</b> <u>Breakfast for Lunch!!</u> WG Buttermilk Pancake w/Syrup, 1ea Danimals Vanilla Yogurt (veg), 1ea GF Chicken Sausage Patty, 1ea Fresh Baby Carrots w/Dip, 1/4c Fresh Orange Wedges, 2ea</p> <p><b>TODS &amp; TWOS</b> Mandarin Oranges / Carrot Coins VEG: Morningstar Veggie Sausage</p>

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