

**Tyson's Corner Children Center**

**July 2022**

**AM/PM Snack Menu**

|  |   |   |  |  |
|--|---|---|--|--|
|  |   |   |  | <p><b><u>Friday, July 1, 2022</u></b><br/>                 AM: Fresh Baked Blueberry Bread, 1sl<br/>                 Fresh Banana, 1/2ea</p> <p>PM: Mini Pretzels, 1/3c<br/>                 Fresh Apple, 1/2ea<br/> <b>T&amp;T:</b> Goldfish / Pears in Juice</p> |
| <p><b><u>Monday, July 4, 2022</u></b></p> <p><i><u>July 4, Holiday</u></i></p>   | <p><b><u>Tuesday, July 5, 2022</u></b></p> <p>AM: Gluten Free Rice Chex, 1/2c<br/>                 Milk, 1/2c</p> <p>PM: Baked Multi Grain Sun Chips, 1/2pkt<br/>                 Mild Salsa, 1oz<br/> <b>T&amp;T:</b> Vanilla Yogurt &amp; Mandarin Oranges</p>                              | <p><b><u>Wednesday, July 6, 2022</u></b></p> <p>AM: Gluten Free Cheerios, 1/2c<br/>                 Fresh Banana, 1/2ea</p> <p>PM: WG White Wheat Bagel, 1/2ea<br/>                 Cream Cheese, 1/2oz</p>   | <p><b><u>Thursday, July 7, 2022</u></b></p> <p>AM: WG Cinnamon Raisin Bread, 1/2sl<br/>                 Fresh Orange Wedges, 4ea<br/> <b>T&amp;T:</b> Milk</p> <p>PM: Fresh Baby Carrots, 1/2c<br/>                 Ranch Dip<br/>                 WG Cheese Goldfish, 1pkt<br/> <b>T&amp;T:</b> Fresh Banana</p>  | <p><b><u>Friday, July 8, 2022</u></b></p> <p>AM: Fresh Baked Banana Bread, 1sl<br/>                 Fresh Apple, 1/2ea<br/> <b>T&amp;T:</b> All Natural Applesauce</p> <p>PM: Cheddar Cheese Stick, 1ea<br/>                 Townhouse Crackers, 4ea</p>           |
| <p><b><u>Monday, July 11, 2022</u></b></p> <p>AM: Crispy Rice Cereal, 1/2c<br/>                 Milk, 1/2c</p> <p>PM: Monterey Jack Cheese, 1sl<br/>                 Pears in Juice, 1/2c<br/> <b>T&amp;T:</b> Townhouse Crackers</p>                            | <p><b><u>Tuesday, July 12, 2022</u></b></p> <p>AM: Graham Crackers, 2ea<br/>                 Fresh Apple, 1/2ea<br/> <b>T&amp;T:</b> Mixed Fruit in Juice</p> <p>PM: Fresh Baby Carrots, 1/2c<br/>                 Townhouse Crackers, 4ea<br/> <b>T&amp;T:</b> Mandarin Oranges in Juice</p> | <p><b><u>Wednesday, July 13, 2022</u></b></p> <p>AM: Gluten Free Corn Chex, 1/2c<br/>                 Fresh Orange Wedges, 4ea<br/> <b>T&amp;T:</b> Toastios &amp; Fresh Banana</p> <p>PM: WG Cheese Goldfish, 1pkt<br/>                 Fresh Apple, 1/2ea<br/> <b>T&amp;T:</b> Peaches in Juice</p> | <p><b><u>Thursday, July 14, 2022</u></b></p> <p>AM: Yogurt, 1ea (veg)<br/>                 Fresh Banana, 1/2ea</p> <p>PM: Cheddar Cheese Slice, 1ea<br/>                 Townhouse Crackers, 4ea</p>   | <p><b><u>Friday, July 15, 2022</u></b></p> <p>AM: Fresh Baked Blueberry Bread, 1sl<br/>                 Fresh Banana, 1/2ea</p> <p>PM: Mini Pretzels, 1/3c<br/>                 Fresh Apple, 1/2ea<br/> <b>T&amp;T:</b> Goldfish / Pears in Juice</p>              |
| <p><b><u>Monday, July 18, 2022</u></b></p> <p>AM: Gluten Free Rice Chex, 1/2c<br/>                 Milk, 1/2c</p> <p>PM: Baked Multi Grain Sun Chips, 1/2pkt<br/>                 Mild Salsa, 1oz<br/> <b>T&amp;T:</b> Vanilla Yogurt &amp; Mandarin Oranges</p> | <p><b><u>Tuesday, July 19, 2022</u></b></p> <p>AM: Vanilla Yogurt, 1 ea (veg)<br/>                 Homemade Granola (nut free), 1 oz<br/> <b>T&amp;T:</b> Graham Crackers, 2 ea</p> <p>PM: WG Cinnamon<br/>                 Crispy Bites, 1/2pkt<br/>                 Milk, 1/2c</p>          | <p><b><u>Wednesday, July 20, 2022</u></b></p> <p>AM: Gluten Free Cheerios, 1/2c<br/>                 Fresh Banana, 1/2ea</p> <p>PM: WG White Wheat Bagel, 1/2ea<br/>                 Cream Cheese, 1/2oz</p>  | <p><b><u>Thursday, July 21, 2022</u></b></p> <p>AM: WG Cinnamon Raisin Bread, 1/2sl<br/>                 Fresh Orange Wedges, 4ea<br/> <b>T&amp;T:</b> Milk</p> <p>PM: Fresh Baby Carrots, 1/2c<br/>                 Ranch Dip<br/>                 WG Cheese Goldfish, 1pkt<br/> <b>T&amp;T:</b> Fresh Banana</p> | <p><b><u>Friday, July 22, 2022</u></b></p> <p>AM: Fresh Baked Banana Bread, 1sl<br/>                 Fresh Apple, 1/2ea<br/> <b>T&amp;T:</b> All Natural Applesauce</p> <p>PM: Cheddar Cheese Stick, 1ea<br/>                 Townhouse Crackers, 4ea</p>          |
| <p><b><u>Monday, July 25, 2022</u></b></p> <p>AM: Crispy Rice Cereal, 1/2c<br/>                 Milk, 1/2c</p> <p>PM: Monterey Jack Cheese, 1sl<br/>                 Pears in Juice, 1/2c<br/> <b>T&amp;T:</b> Townhouse Crackers</p>                            | <p><b><u>Tuesday, July 26, 2022</u></b></p> <p>AM: Graham Crackers, 2ea<br/>                 Fresh Apple, 1/2ea<br/> <b>T&amp;T:</b> Mixed Fruit in Juice</p> <p>PM: Fresh Baby Carrots, 1/2c<br/>                 Townhouse Crackers, 4ea<br/> <b>T&amp;T:</b> Mandarin Oranges in Juice</p> | <p><b><u>Wednesday, July 27, 2022</u></b></p> <p>AM: Gluten Free Corn Chex, 1/2c<br/>                 Fresh Orange Wedges, 4ea<br/> <b>T&amp;T:</b> Toastios &amp; Fresh Banana</p> <p>PM: WG Cheese Goldfish, 1pkt<br/>                 Fresh Apple, 1/2ea<br/> <b>T&amp;T:</b> Peaches in Juice</p> | <p><b><u>Thursday, July 28, 2022</u></b></p> <p>AM: Yogurt, 1ea (veg)<br/>                 Fresh Banana, 1/2ea</p> <p>PM: Cheddar Cheese Slice, 1ea<br/>                 Townhouse Crackers, 4ea</p>   | <p><b><u>Friday, July 29, 2022</u></b></p> <p>AM: Fresh Baked Blueberry Bread, 1sl<br/>                 Fresh Banana, 1/2ea</p> <p>PM: Mini Pretzels, 1/3c<br/>                 Fresh Apple, 1/2ea<br/> <b>T&amp;T:</b> Goldfish / Pears in Juice</p>              |

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