

ELLIS 2026 July MENU



iCater

* Meal and meal component substitutions made by iCater may occur without notice and will meet or exceed all SLP or CACFP meal pattern requirements.

* Meal and meal component substitutions requested by the customer, may not meet all SLP or CACFP meal pattern requirements.

Monday	Tuesday	Wednesday	Thursday	Friday
		 1	 2	 3
Breakfast – Corn Muffin (1ea), Milk (8oz), Orange (1ea)	Breakfast – Cheerios, Milk (8oz), Apple (1ea)	Breakfast – WW Bagel (1), Cream Cheese (1oz), Milk (8oz), Banana (1ea)	Breakfast – Apple Muffin (1ea), Milk (8oz), Apple (1ea)	Breakfast – Chex Cereal (1oz), Milk (8oz), Banana(1ea)
Lunch –Chicken Salad Sandwich, sliced cucumbers (1/2 cup) Milk (8oz), Chilled Mandarins (4oz)	Lunch – Meat Lasagna (10oz), Broccoli (3/4 cup), WW Dinner Roll(1oz), w/Butter (.27oz), Milk (8oz), Cantaloupe (1 slice)	Lunch – Chicken Taquitos, Peas & Carrots, WG Bread, Butter (.27oz), Milk (8oz), Chilled Peaches (4oz)	Lunch – Meatball (4) Subs with Shredded Mozzarella (1oz), WW Sub Roll (1ea), Carrots (3/4 cup), Milk (8oz), Honeydew (1 slice)	Lunch - Beef Tacos (2ea), Brown Rice & Beans (½ cup) Mixed Vegetables (3/4 cup), Milk (8oz), Orange (1 ea)
Snack - Cheddar Cheese Stick (1oz), Graham crackers (2ea) 6	Snack – Cin graham crackers (1ea), Golden Delicious Apple (1ea) 7	Snack – Goldfish crackers (1ea), yogurt (4 oz) 8	Snack – Cheez-its (1pk), Banana (1ea) 9	Snack – Sun chips(1oz), Mozzarella Cheese Stick (1ea) 10
Breakfast – Corn Muffin (1ea), Milk (8oz), Orange (1ea)	Breakfast – Cheerios, Milk (8oz), Apple (1ea)	Breakfast – WW Bagel (1), Cream Cheese, Milk (8oz) , Banana (1ea)	Breakfast – Apple Muffin (1ea), Milk (8oz), Apple (1ea)	Breakfast – Chex Cereal, Milk (8oz), Banana(1ea)
Lunch – Sofrito Chicken (3oz) & WG Rice (½ c), Broccoli (3/4 cup), Milk (8oz), Apple (1ea)	Lunch – Breaded Chicken Tenders (2ea) with BBQ Dipping Sauce (1oz), Carrots (3/4 cup), WW Dinner Roll (1oz), Butter (.27oz),-Milk (8oz), Pears (4oz)	Lunch – Roast Turkey (3oz) & Gravy, 1oz, Mashed Potato (½ c), Mixed Vegetables (½ c), WW Roll (1ea), Butter (.27oz)	Lunch – Cheeseburger (3oz patty), Cheese (1), WW Bun (1oz), Ketchup (3oz), Sweet Tots (3/4 cup), Milk (8oz), Cantaloupe (1 slice)	Lunch – Mac & Cheese (6oz), Popcorn Chicken (9), Green Beans (3/4 cup), WW Roll (1oz), Butter (.27oz), Milk (8oz), Chilled Peaches (4oz)
Snack – Cheese Stick (1oz), Graham Crackers (2ea) 13	Snack – Cin graham crackers (1ea), Golden Delicious Apple (1ea) 14	Snack – Goldfish crackers (1ea), yogurt (4 oz) 15	Snack – Cheez-its (1pk), Banana (1ea) 16	Snack – Sun chips(1oz), Mozzarella Cheese Stick (1ea) 17
Breakfast – Corn Muffin (1ea), Milk (8oz), Orange (1ea)	Breakfast – Cheerios, Milk (8oz) , Apple (1ea)	Breakfast – WW Bagel (1), Cream Cheese, Milk (8oz), Banana (1ea)	Breakfast – Apple Muffin (1ea), Milk (8oz), Apple (1ea)	Breakfast – Chex Cereal, Milk (8oz), Banana (1ea)
Lunch – Chicken Salad Sandwich, sliced cucumbers (1/2 cup), Milk (8oz), Honey Dew Melon (1 slice)	Lunch - Hamburger Helper (1cup), Green Beans, (½ cup), WW Dinner Roll (1oz), Butter (.27oz), Milk (8oz), Orange (1ea)	Lunch – Deli Chicken Sandwich, sliced cucumbers (1/2 cup), Milk (8oz), Apple (1ea)	Lunch –Chicken Nuggets (8), w/ Sour Dipping Sauce (2oz), carrots (3/4 cup), WW Dinner Roll (1), Butter (.27oz), Milk (8oz), Mandarins (4oz)	Lunch – Cheeseburger (3oz), Cheese (1ea), Whole Wheat Burger Bun (1ea), Cali-Gold Vegetables (3/4 cup), WW Dinner Roll (1), Butter (1oz), Milk (8oz), Pears (4oz)
Snack – Cheese Stick (1oz), Graham Crackers (2ea) 20	Snack - Cin graham crackers (1ea), Golden Delicious Apple (1ea) 21	Snack - Goldfish crackers (1ea), yogurt (4 oz) 22	Snack – Cheez-its (1pk), Banana (1ea) 23	Snack - Sun chips (1oz), Mozzarella Cheese Stick (1ea) 24
Breakfast – Corn Muffin (1ea), Milk (8oz), Orange (1ea)	Breakfast – Cheerios, Milk (8oz), Apple (1ea)	Breakfast – WW Bagel (1), Cream Cheese, Milk (8oz), Banana (1ea)	Breakfast – Apple Muffin(1ea), Milk (8oz), Apple(1ea)	Breakfast – Chex, Cereal, Milk (8oz), Banana(1ea)
Lunch -- Beef Tacos (2ea), Brown Rice & Beans (½ cup),Green Beans (3/4 cup), Milk (8oz), Cantaloupe (1 slice)	Lunch – Meat Lasagna (10oz), Broccoli (3/4 cup), WW Bread Slice (1oz), w/Butter (.27oz), Milk (8oz), Chilled Peaches (4oz)	Lunch – Mac & Cheese (6oz), Popcorn Chicken (9), WW Roll (1oz), Butter (.27oz), Sliced Carrots (½ cup), Milk (8oz), Honey Dew (1 slice)	Lunch – Chili (3oz), w/ Steamed Brown Rice (1/2c), Peas & Carrots (3/4 cup), Milk (8oz), Orange (1ea)	Lunch – Stuffed Shell(1ea), w/ Meatballs (6ea) & Tomato Sauce (2oz), WW Roll (1), Butter (1oz), Mixed vegetables (3/4 cup), Milk (8oz), Apples (1ea)
Snack – Cheese Stick (1oz), Graham Crackers (2ea) 27	Snack – Cin graham crackers (1ea), Golden Delicious Apple (1ea) 28	Snack – Goldfish crackers (1ea), yogurt (4 oz) 29	Snack – Cheez-its (1pk), Banana (1ea) 30	Snack – Sun chips(1oz), Mozzarella Cheese Stick (1ea) 31