

ELLIS JULY 2022 MENU



iCater

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| | | | | <p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch – Cheese Ravioli and meatballs with marinara, green Beans, WW Dinner Roll, Butter / Milk / Chilled Pears Snack - Cheddar Cheese sticks, Apple 1</p> |
| <p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch- Breaded Fish Nuggets, Ketchup, , Italian Green Beans, WW Dinner Roll,Milk / Cantaloupe</p> <p>Snack – Goldfish Graham cinnamon, Apple 4</p> | <p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch – Meat Lasagna, Mixed veg, Whole Wheat Bread Slice w/Butter Milk /Chilled Peaches</p> <p>Snack – Pita Chips, Orange 5</p> | <p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch –Mac & Cheese, WW Roll and Garden Vegetables</p> <p>Milk / Honey Dew</p> <p>Snack – Graham Crackers, Apple 6</p> | <p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch –Cheeseburger Lettuce, Cheese, Ketchup, Whole Wheat Burger Bun, Cauliflower.</p> <p>Milk /Orange</p> <p>Snack – Animal Crackers, Cheddar cheese stick 7</p> | <p>Breakfast – Kix Cereal, Milk, Banana Lunch –Chicken Pot Stickers with Peas & Carrots, Soy Sauce and Whole Wheat Dinner Roll w/ Butter, Milk / Apples</p> <p>Snack – Yogurt, Orange 8</p> |
| <p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch –Garlic Parmesan Chicken Breast, Mashed Potatoes, Green Beans, WW Bread Slice w/Butter Milk / Chilled Mandarins</p> <p>Snack- Yogurt, Apple 11</p> | <p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch – Meat Lasagna w/ mixed vegetables</p> <p>Whole Wheat Dinner Roll w/Butter Milk / Cantaloupe</p> <p>Snack –Cheddar cheese sticks and saltines 12</p> | <p>Breakfast –WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch- Apple Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Syrup, Chilled Peaches</p> <p>Snack – Cheez-its, Apple 13</p> | <p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch –Meatball Subs with Shredded Mozzarella, Whole Wheat Sub Roll,</p> <p>Green beans/ Milk / Honeydew</p> <p>Snack – Animal Crackers, Orange 14</p> | <p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch- Roast Turkey with Gravy, Mashed Sweet Potatoes and Mixed Vegetables</p> <p>Milk / Orange</p> <p>Snack – Yogurt, Apple 15</p> |
| <p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch –Chicken Parm</p> <p>Whole Wheat Pasta</p> <p>San Fran Veg Milk /Apple</p> <p>Snack – Goldfish Graham Cinnamon, Orange 18</p> | <p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch –Breaded Chicken Tenders with BBQ Dipping Sauce with Carrots and WW Dinner Roll Milk / Fruit</p> <p>Snack – Cheez-its, Cheddar cheese stick 19</p> | <p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch – Penne Pasta with Meat Sauce, Italian Green beans, Whole Wheat Slice</p> <p>Milk / Chilled Pears</p> <p>Snack – Yogurt, Apple 20</p> | <p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch – Cheeseburger, Lettuce, Cheese, Whole Wheat Bun, Ketchup, Mixed Vegetables</p> <p>Milk / Cantaloupe</p> <p>Snack –Saltines, Orange 21</p> | <p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch –Mac & Cheese, Green Beans, WW Roll</p> <p>Milk / Chilled Peaches</p> <p>Snack – Animal Crackers, Apple 22</p> |
| <p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch – Lunch Beef Tacos with Rice and Beans and German Blend veg Milk / Honey Dew Melon</p> <p>Snack – Animal Crackers, Apple 25</p> | <p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch –Salisbury Steak with Gravy, Roasted Potatoes, Carrots, WW Dinner Roll</p> <p>Milk / Orange</p> <p>Snack- Graham Crackers, Yogurt 26</p> | <p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch – Blueberry Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Syrup, Apple</p> <p>Snack – Cheez-its and apple 27</p> | <p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch –Chicken Nuggets w/ Sweet & Sour Dipping Sauce , Cali Gold Veg, WW Dinner Roll</p> <p>Milk / Mandarin</p> <p>Snack – Goldfish Crackers, Orange 28</p> | <p>Breakfast – Kix Cereal, Milk, Banana Lunch – Cheese Ravioli and meatballs with marinara, green Beans, WW Dinner Roll, Butter / Milk / Chilled Pears</p> <p>Snack - Cheddar Cheese sticks, Apple 29</p> |