

Learning Ladder Breakfast, Lunch & Snack Menu July 2023

A breakfast bar is served daily at 7:45 as an early morning snack

Monday	Tuesday	Wednesday	Thursday	Friday
3. Smoothie Cinnamon Toast Bars Pretzels, Banana	4. CLOSED	5. Biscuit Oranges Banana Bread, Fresh Fruit	6. Bagels w/ Cream Cheese Banana Yogurt, Grahams	7. English Muffins Oranges Cheese, Crackers
10. Cereal Apples Ham & Cheese Roll Ups Fresh Fruit	11. Bagels w/ Cream Cheese Oranges Veggies, Veggie Dip	12. Biscuit Banana Cheese, Crackers	13. Oatmeal Peaches Pumpkin Bars Craisins	14. Pancakes Strawberries Banana Oatmeal Cookies, Fresh Fruit
17. Cereal Apples Seasoned Oyster Crackers Fruit Salad	18. Bagels w/ Cream Cheese Oranges Banana Bread, Fresh Fruit	19. Biscuit Banana Bean Dip, Crackers	20. Smoothie Cinnamon Toast Bars Ham & Cheese Roll Ups Fresh Fruit	21. Muffin Oranges Cheese, Crackers
24. Cereal Apples Z Chip Muffins, Fresh Fruit	25. Bagels w/ Cream Cheese Bananas Veggie Pizza, Fresh Fruit	26. Biscuit Oranges Banana Oatmeal Cookies, Fruit Salad	27. Oatmeal Peaches Pumpkin Bars, Craisins	28. Pancakes Strawberries Cottage Cheese, Pineapple
31. Cereal Apples Banana Bread, Fresh Fruit				

Each breakfast is served with milk, (1) fruit or vegetable, and (1) bread or bread alternative.

Each lunch is served with milk, (1) meat or meat alternative, (2) fruit or vegetable, (1) bread or bread alternative

Each snack includes at least 2 of the following: (1) milk, (1) fruit or vegetable, (1) bread or bread alternative, (1) meat or meal alternative.