



-JULY 2014-

Discoveries Learning Centers



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| June 30 Pineapple Bits and Yogurt Lavash Cracker and Sunflower Butter | 1 Bread Sticks with Marinara Sauce Apples, Celery and Cream Cheese | 2 Grilled Cheddar Cheese Sandwiches Oranges and WW Crackers | 3 Waffles and Applesauce Snack Mix with Fruit | 4 Holiday Discoveries is closed |
| 7 Grilled Cheddar Cheese Sandwiches Carrots and Hummus | 8 Waffles and Applesauce Apple Wedges and WW Crackers | 9 English Muffin Pizzas Watermelon and Cheese Cubes | 10 Brown Rice Peas and Carrots Yogurt and Fruit Smoothies | 11 Rice Cakes and Sunflower Butter Oranges, Celery and Cream Cheese |
| 14 English Muffin with Sunflower Butter Pineapple Bits and Yogurt | 15 Cheddar Cheese Quesadillas Carrots and Hummus | 16 Waffles and Applesauce Snack Mix with Fruit | 17 Bread Sticks with Marinara Sauce Apple Wedges and Cheese Cubes | 18 Bagels and Cream Cheese Lavash Crackers and Hummus |
| 21 Tortilla Chips with Bean Dip Apple Wedges and WW Crackers | 22 Waffles and Applesauce Snack Mix with Fruit | 23 Mango Bits and Yogurt Watermelon, Celery and Cream Cheese | 24 Cheddar Cheese Quesadillas Carrots and Hummus | 25 English Muffin Pizzas Yogurt and Fruit Smoothies |
| 28 Bread Sticks with Marinara Sauce Apples, Celery and Cream Cheese | 29 Brown Rice Peas and Carrots Yogurt and Fruit Smoothies | 30 Bagels and Cream Cheese Apple Wedges and Sunflower Butter | 31 Pineapple Bits and Yogurt Watermelon and Cheese Cubes | August 1 Tortilla Chips with Bean Dip Snack Mix with Fruit |

Water served with all meals * Menu is subject to change based on food availability