



NEW HORIZON ACADEMY MENU

JULY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 7/1/10	FRIDAY 7/2/10
			B: Whole Grain Fruit Strudel & Fruit L: Chicken Patty on Bun, Beets, Pears S: Yogurt Parfaits	B: Cereal & Fruit L: Ham Sandwich, Veggie Sticks/Green Beans, Fresh Melon S: Teddy Grahams
7/5/10	7/6/10	7/7/10	7/8/10	7/9/10
CENTER CLOSED HAPPY 4TH OF JULY!	B: Muffin & Fruit L: Chicken O's Nuggets, Green Beans, Pineapple, Dinner Roll S: Fresh Fruit	B: French Toast & Fruit L: Soft Shell Tacos with Fixings, Corn, Pears S: Stop Light Snack	B: Bagel with Cream Cheese & Fruit L: Cheese Ravioli with Sauce, Breadstick, Broccoli, Peaches S: Baked Pretzels	B: Pancakes & Fruit L: Turkey or Ham Hoagie, Fresh Fruit Salad, Lettuce, Cheese S: Cinnamon Graham Crackers
7/12/10	7/13/10	7/14/10	7/15/10	7/16/10
B: Cereal & Fruit L: Spanish Rice with Ground Beef, Corn, Pineapple S: Cottage Cheese with Fruit	B: Scrambled Eggs, Toast & Fruit L: Italian Pizza Stick with Sauce, Lettuce Salad, Melon S: Multigrain Rice Cakes	B: Cereal & Fruit L: Cold Chicken Macaroni Salad with Peas, Peaches S: Yogurt Parfaits with Fruit	B: Waffles & Fruit L: Sloppy Joe on Bun, Green Beans, Mixed Fruit S: Kiwi, Graham Crackers, Cream Cheese	B: Whole Grain Fruit Strudel & Fruit L: Tuna or Turkey Pita Pocket with Lettuce, Cheese, Fresh Fruit S: Cheddar Gold Fish
7/19/10	7/20/10	7/21/10	7/22/10	7/23/10
B: Cereal & Fruit L: Macaroni & Cheese, Beets, Peaches S: Fresh Fruit	B: Bagel & Egg Sandwich & Fruit L: BBQ Chicken Sandwich, Broccoli, Mixed Fresh Fruit S: Sweet Red Pepper Wrap	B: French Toast & Fruit L: Taco Salad with Fixings, Crackers, Fresh Fruit S: Vanilla Wafers	B: Egg Omelet , Toast & Fruit L: Fish Sticks, Peas, Pears, Bread S: Healthy Baked Cheesy O's	B: Cereal & Fruit L: Cold Cut Sandwich with Cheese, Potato Salad, Apple Slices S: Veggies and Dip
7/26/10	7/27/10	7/28/10	7/29/10	7/30/10
B: Pancakes & Fruit L: Personal Cheese Pizza, Broccoli, Lettuce Salad, Applesauce S: Vegetable Flower	B: Cereal & Fruit L: Italian Pasta Salad with Ham , Fresh Vegetables, Mixed Fresh Fruit S: Animal Crackers	B: Scrambled Eggs, Bagel, Fruit L: Meatball Sub Sandwich with Cheese, Corn, Peaches S: String Cheese with Crackers	B: French Toast Sticks & Fruit L: Hamburger on Bun, Green Beans, Pineapple S: Fresh Fruit	B: Cereal & Fruit L: Turkey or Ham Rollups with Cheese, Lettuce, Fresh Fruit S: Oyster Crackers and Cheese

B = Breakfast

L = Lunch

S = Snack

All Meals are served with 100% Juice, Milk, or Water. Toddlers are served Whole Milk; Preschool and School-Age children are served Skim Milk.

Menus are subject to change.