





Monday 07/05/21	Tuesday 07/06/21	Wednesday 07/07/21	Thursday 07/08/21	Friday 07/09/21	Saturday 07/10/21	Sunday 07/11/21	to 7/11
	Breakfast: Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Breakfast: Breakfast Sandwich on 100% Whole Wheat English Muffin/Organic Scrambled Eggs, Nitrate/Nitrite Free Turkey Bacon and Cheese), Milk & Chilled Water	Breakfast: Homemade Whole Grain Blueberry Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices, Milk and Chilled Water	Breakfast: Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and Chilled Water		Breakfast:	
	AM Snack: Fresh Assorted Organic Vegetables w/ Homeade Ranch Dip & Chilled Water	AM Snack: Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	AM Snack: Fresh Assorted Organic Vegetables w/ Homeade Ranch Dip & Chilled Water	AM Snack: Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water		AM Snack:	
	Lunch: Organic High Protein and Fiber Spaghetti Pasta w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast & Milk and Chilled Water	Lunch: Stir-fry Organic Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit & Milk & Chilled Water	Lunch: Organic Lean Beef Sloppy Joes on Multigrain Bread, Organic Green Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit & Milk and Chilled Water	Lunch: Boneless Skinless Organic Chicken Fajitas made with Organic Onions & Bell Peppers, Flour Tortillas, Sour Cream, Homemade Spanish Rice, Fresh Sliced Fruit & Milk and Chilled Water		Lunch:	
	PM Snack: Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Oat Cheerios & Chilled Water	PM Snack: Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	PM Snack: Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	PM Snack: Organic Homemade Hummus with Organic Baked Pita Chips & Chilled Water		PM Snack:	
	Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!		Dinner:	

The Importance of Sunscreen!

Sun care isn't just meant for adults. Children love to play and lose themselves under the sun for hours so as parents or guardians, it's vital that you emphasize the importance of using sunscreen on your kids. Educating children early on about sun care will help them maintain the same practices as an adult. What many people don't realize is that children (babies and teens included) are the biggest targets for getting skin cancer. 80% of excessive sun exposure in a person's life occurs before age 21. That's more than enough time for skin cancer to take hold. Because the symptoms generally take years to surface, by the time it's detected, it's too late. During the early years, sun care should be taken to the extreme when it comes to your children. By diligently using sunscreen, a child's risk of getting skin cancer is reduced by 78%, so it doesn't take much to ensure that your child is protected at all times. But just applying one coat isn't enough. The best way to make sure all the bases are covered is to reapply sunscreen at least every two hours, especially if your child is swimming or sweating profusely.

Serving Sizes Lunch & Dinner

Food Components	Age 1 & 2	Age 3 - 5	Age 6 - 12
Milk, Fluids	1/2 cup	1/2 cup	1 cup
Vegetables and/ Or Fruits	1/2 cup	1/2 cup	1/2 cup
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, Rolls, muffins, etc	1/2 serving	1/2 serving	1 serving
Cooked pasta or Noodle products	1/2 cup	1/2 cup	1/2 cup
Cooked cereal grains or an equivalent	1/2 cup	1/2 cup	1/2 cup
Quantity of any Combination of bread	1 oz.	1 1/2 oz.	2 oz.
Lean meat, poultry or fish	1 oz.	1 1/2 oz.	2 oz.
Cheese	1 egg	1 egg	1 egg
Eggs	1/2 cup	3/8 cup	2 cups
Cooked dry beans or peas			

Monday 07/12/21	Tuesday 07/13/21	Wednesday 07/14/21	Thursday 07/15/21	Friday 07/16/21	Saturday 07/17/21	Sunday 07/18/21	to 7/18
Breakfast: Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Breakfast: Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and Chilled Water	Breakfast: Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Blueberries & Milk and Chilled Water	Breakfast: Homemade Whole Grain Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices, Milk and Chilled Water	Breakfast: 100% Whole Oat Slow Cooked Oatmeal Sprinkled with Cinnamon & Organic Raisins with Milk and Chilled Water		Breakfast:	
AM Snack: Fresh Assorted Organic Vegetables w/ Homeade Ranch Dip & Chilled Water	AM Snack: 100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	AM Snack: Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	AM Snack: Fresh Assorted Organic Vegetables w/ Homeade Ranch Dip & Chilled Water	AM Snack: Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water		AM Snack:	
Lunch: Homemade Macaroni and Cheese made with High Protein/Fiber Pasta, Fresh Fruit, Steamed Vegetables & Milk and Chilled Water	Lunch: Homemade Roasted Turkey & Gravy, Organic Mashed Potatoes, Organic Mixed Steamed Vegetables, Milk and Chilled Water	Lunch: Roasted Teriyaki Organic Boneless Chicken over Brown Rice, Steamed Broccoli & Milk and Chilled Water	Lunch: Homemade Organic Lean Beef Meatloaf made w/ Whole Grain Oats, Organic Onion, Ketchup & Eggs, Light & Healthy Organic Mashed Potatoes, Organic Fresh Fruit & Milk and Chilled Water	Lunch: Enchiladas with Grilled Organic Boneless Skinless Chicken, Onions & Bell Peppers, Organic Pinto Beans, Homemade Spanish Brown Rice & Milk and Chilled Water		Lunch:	
PM Snack: Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Oat Cheerios & Chilled Water	PM Snack: Non-Fat Organic Greek Yogurt, Bananas, Organic Whole Grain and Seeds Granola, Organic Honey & Chilled Water	PM Snack: Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	PM Snack: Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	PM Snack: Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla Chips & Chilled Water		PM Snack:	
Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!		Dinner:	



Monday 07/19/21	Tuesday 07/20/21	Wednesday 07/21/21	Thursday 07/22/21	Friday 07/23/21	Saturday 07/24/21	Sunday 07/25/21	to 7/25
Breakfast: Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Breakfast: Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and Chilled Water	Breakfast: Breakfast Sandwich on 100% Whole Wheat English Muffin/Organic Scrambled Eggs, Nitrate/Nitrite Free Turkey Bacon and Cheese), Milk & Chilled Water	Breakfast: Whole Wheat French Toast w/ 100% Organic Maple Syrup, Fresh Fruit & Milk and Chilled Water	Breakfast: 100% Whole Grain Cream Of Wheat, Fresh Organic Bananas & Milk and Chilled Water		Breakfast:	
AM Snack: Fresh Assorted Organic Vegetables w/ Homeade Ranch Dip & Chilled Water	AM Snack: 100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	AM Snack: Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	AM Snack: Fresh Assorted Organic Vegetables w/ Homeade Ranch Dip & Chilled Water	AM Snack: Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water		AM Snack:	
Lunch: Organic High Protein and Fiber Spaghetti Pasta w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast & Milk and Chilled Water	Lunch: Whole Wheat Grilled Cheese Sandwich, Organic Green Salad w/ Homemade Ranch Dressing, Fresh Fruit & Milk and Chilled Water	Lunch: Baked Boneless Skinless Organic Chicken Tenders made with Organic Breadcrumbs and Egg, Organic Oven Baked Sweet Potato Fries, Organic Ketchup, Fresh Organic Fruit & Milk and Chilled Water	Lunch: Homemade Pizza with Whole Wheat Crust, Organic Tomato Sauce & Cheese, Organic Green Salad w/ Homemade Ranch Dressing, Fresh Sliced Fruit & Milk and Chilled Water	Lunch: Seasoned Lean Ground Beef Tacos with Shredded Cheese, Organic Salsa, Lettuce, Homemade Spanish Brown Rice, Organic Pinto Beans & Milk and Chilled Water		Lunch:	
PM Snack: Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Oat Cheerios & Chilled Water	PM Snack: Non-Fat Organic Greek Yogurt, Bananas, Organic Whole Grain and Seeds Granola, Organic Honey & Chilled Water	PM Snack: Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	PM Snack: Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	PM Snack: Organic Homemade Hummus with Organic Baked Pita Chips & Chilled Water		PM Snack:	
Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!		Dinner:	

Monday 07/26/21	Tuesday 07/27/21	Wednesday 07/28/21	Thursday 07/29/21	Friday 07/30/21	Saturday 07/31/21	Sunday 08/01/21	to 8/1
Breakfast: Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Breakfast: Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and Chilled Water	Breakfast: Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Blueberries & Milk and Chilled Water	Breakfast: Homemade Whole Grain Blueberry Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices, Milk and Chilled Water	Breakfast: 100% Whole Oat Slow Cooked Oatmeal Sprinkled with Cinnamon & Organic Raisins with Milk and Chilled Water		Breakfast:	
AM Snack: Fresh Assorted Organic Vegetables w/ Homeade Ranch Dip & Chilled Water	AM Snack: 100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	AM Snack: Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	AM Snack: Fresh Assorted Organic Vegetables w/ Homeade Ranch Dip & Chilled Water	AM Snack: Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water		AM Snack:	
Lunch: Homemade Macaroni and Cheese made with High Protein/Fiber Pasta, Fresh Fruit, Steamed Vegetables & Milk and Chilled Water	Lunch: Quesadillas with Four Cheese Blend, Organic Onions & Bell Peppers, Blended Pinto Beans, Fresh Sliced Fruit, & Milk and Chilled Water	Lunch: Baked Boneless Skinless Organic Chicken, Organic Green Beans, Organic Sweet Potato Wedges & Milk and Chilled Water	Lunch: Organic Lean Beef Sloppy Joes on Multigrain Bread, Organic Green Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit & Milk and Chilled Water	Lunch: Boneless Skinless Organic Chicken Fajitas made with Organic Onions & Bell Peppers, Flour Tortillas, Sour Cream, Homemade Spanish Rice, Fresh Sliced Fruit & Milk and Chilled Water		Lunch:	
PM Snack: Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Oat Cheerios & Chilled Water	PM Snack: Non-Fat Organic Greek Yogurt, Bananas, Organic Whole Grain and Seeds Granola, Organic Honey & Chilled Water	PM Snack: Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	PM Snack: Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	PM Snack: Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla Chips & Chilled Water		PM Snack:	
Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!	Dinner: Coming Soon!		Dinner:	

BERRY PATRIOTIC POPSICLES

Strawberries, chopped & Whole Blueberries & Vanilla Frozen Yogurt
 3 oz. cups and popsicle sticks
 Put small amount of yogurt in popsicles molds, then a layer of strawberries, another layer of yogurt, then blueberries.
 Repeat until molds are full.
 Insert sticks and freeze.

HEALTHY & TASTY!