

## HEALTHY FRESH MEALS - JULY 2026 BREAKFAST CONGREGATE MENU

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY					
										1					2					3					
<b>BREAKFAST</b>											2oz WG Blueberry Muffin 4oz Yogurt Cup 4oz Apple Juice Fresh Orange 8oz Milk					2oz WG Bagel w/Butter & Jelly 1oz Cheese 4oz Fruit Punch 1c Applesauce 8oz Milk					2oz WG English Muffin Sandwich 1oz Egg/1oz Tky Sausage/1oz Cheese 4oz Apple Juice Fresh Banana 8oz Milk				
<b>6</b>					<b>7</b>					<b>8</b>					<b>9</b>					<b>10</b>					
<b>BREAKFAST</b>	2oz Apple Cinnamon Muffin 4oz Yogurt Cup 4oz Apple Juice 1c Fresh ALT Fruit 8oz Milk					2oz WG English Muffin 1oz Egg & 1oz Cheese 4oz Fruit Punch Fresh Apple 8oz Milk					2oz WG Croissant w/Butter 1 Hard Boiled Egg 4oz Apple Juice Fresh Orange 8oz Milk					1oz Raisin Bran Cereal 1oz Cheese & 1 Slice WG Bread/Butter 4oz Grape Juice Fresh Banana 8oz Milk					2oz WG Waffles w/Syrup 2oz Turkey Sausage 4oz Fruit Punch Fresh Banana 8oz Milk				
<b>13</b>					<b>14</b>					<b>15</b>					<b>16</b>					<b>17</b>					
<b>BREAKFAST</b>	2oz WG Bagel w/Butter & Jelly 1oz Cheese 4oz Fruit Punch 1c Applesauce 8oz Milk					2oz WG French Toast w/Syrup 2oz Turkey Sausage 4oz Grape Juice Fresh Banana 8oz Milk					1oz Cheerios Cereal 1oz Cheese/1 Slice WG Bread/Butter 4oz Fruit Punch 1c Applesauce 8oz Milk					2oz WG Apple Cinnamon Muffin 1oz Cheese 4oz Grape Juice 1c Fresh ALT Fruit 8oz Milk					8oz Fruited Oatmeal 2oz Turkey Sausage 4oz Apple Juice Fresh Banana 8oz Milk				
<b>20</b>					<b>21</b>					<b>22</b>					<b>22</b>					<b>24</b>					
<b>BREAKFAST</b>	2oz WG English Muffin w/Butter & Jelly 1oz Cheese 4oz Grape Juice 1c Fresh ALT Fruit 8oz Milk					2oz WG Croissant 1oz Egg Patty/1oz Cheese 4oz Apple Juice Fresh Banana 8oz Milk					1oz Raisin Bran Cereal 1oz Cheese/1 Slice WG Bread/Butter 4oz Grape Juice Fresh Banana 8oz Milk					2oz WG Banana Muffin 4oz Yogurt Cup 4oz Apple Juice 1c Fresh ALT Fruit 8oz Milk					8oz Cinnamon Oatmeal 2oz Turkey Sausage 4oz Grape Juice 1c Applesauce 8oz Milk				
<b>27</b>					<b>28</b>					<b>29</b>					<b>30</b>					<b>31</b>					
<b>BREAKFAST</b>	1oz Cheerios Cereal 1oz Cheese/1 Slice WG Bread/Butter 4oz Fruit Punch 1c Applesauce 8oz Milk					3oz Turkey Sausage Quice WG Crust 1 Slice WG Bread/Butter 4oz Fruit Punch 1c Applesauce 8oz Milk					2oz WG Apple Cinnamon Muffin 1oz Hard Boiled Egg 4oz Apple Cranberry Juice 1c Applesauce 8oz Milk					2oz WG Bagel w/Butter & Jelly 1oz Cheese 4oz Fruit Punch 1c Applesauce 8oz Milk					2oz WG French Toast w/Syrup 2oz Turkey Sausage 4oz Grape Juice Fresh Banana 8oz Milk				