

**Level Up Preschool Menu
July 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
		SHARK WEEK! 1	2	3
*Each meal/snack is served with low-fat unflavored milk or water *All grains are whole-grain rich		B - Mini bagels, apples S - Shark Bait! L - Deep Sea Wraps! (tortilla, tuna, lettuce, pickles, celery, oranges) S - Homemade no-bake cereal bars	B - Cereal, bananas S - Veggie flatbread L - Pita pizza, olives, pineapple, cucumbers S - Level Up savory trail mix	B - Applesauce muffins, apples S - Pickle & cheese tray L - Lemon butter chicken, green beans, rice, apples S - Manderine orange, crackers
6	7	RAINFOREST WEEK! 8	9	10
B - Cereal, bananas S - Meat, pickles & cheese tray L - Grilled cheese, tomato soup, celery, apples, oranges S - Blueberry energy bites	B - Eggs, potatoes, oranges S - Apples, cheese, crackers L - Parmesan chicken bites, tots, cucumbers, applesauce S - Level Up sweet trail mix	B - Yogurt, granola, berries S - Sneaky Snake! L - Anaconda Pasta! (fettuccini alfredo, cauliflower, carrots, peaches) S - Homemade granola bar	B - French toast sticks, oranges S - Turkey, cheddar, crackers L - InstantPot mac-n-cheese, bell peppers, cucumbers, peaches S - Level Up savory trail mix	B - Cocoa muffins, bananas S - Applesauce, cinnamon sticks L - Chicken salad sandwich, pickles, apples, celery S - Manderine orange, crackers
13	14	FANTASYLAND WEEK! 15	16	17
B - Yogurt, granola, berries S - Turkey, cheese, crackers S - Pretzels, oranges	B - Strawberry, cream cheese sandwich S - Apples, crackers S - Level Up trail mix	B - Mini bagels, apples S - Rice cakes, dried fruit S - Cheese and crackers	B - Cereal, bananas S - Goldfish crackers, string cheese S - Level Up trail mix	B - Cocoa muffins, apples S - Cheese and pretzels S - Manderine orange, graham crackers
20	21	SPLISH SPLASH WEEK! 22	23	24
B - Cereal, bananas S - Pickles, cheese, crackers S - Graham crackers, raisins	B - Croissant, oranges S - Apples, cheese, crackers S - Level Up trail mix	B - Mini muffin, string cheese S - Goldfish crackers, dried fruit S - Veggie chips	B - Yogurt, banana S - Cheese and crackers S - Level Up trail mix	B - Cereal, oranges S - Pretzels, pickles S - Goldfish crackers, dried fruit
27	28	NATURE WALK WEEK! 29	30	31
B - Yogurt, granola, berries S - Turkey, cheese, crackers S - Pretzels, oranges	B - Strawberry, cream cheese sandwich S - Apples, crackers S - Level Up trail mix	B - Mini bagels, apples S - Rice cakes, dried fruit S - Cheese and crackers	B - Cereal, bananas S - Goldfish crackers, raisins S - Level Up trail mix	B - Mini muffins, apples S - Cheese and pretzels S - Manderine orange, crackers