

Merritt Academy

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Sticks Turkey Bacon Fresh or Chilled Fruit Graham Crackers Honeydew Melon	2 Popcorn Chicken, Whole Wheat Roll Cauliflower Fresh or Chilled Fruit Ritz Crackers Banana	3 Curry Chicken Served with Rice & Peas Fresh or Chilled Fruit Mini Corn Muffins Sliced Apples	4 Happy 4th of July Merritt Closed	5 Chicken Wraps with Lettuce, Salsa & Ranch Dressing Fresh or Chilled Fruit Graham Crackers Sliced Peaches
8 Cheese Tortellini w/ Alfredo Green Beans and Whole Wheat Roll Fresh or Chilled Fruit Yogurt & Peaches	9 Tacos – Ground Beef, Tortilla Wrap, Cheddar Cheese, Salsa and Lettuce Fresh or Chilled Fruit Cheez-It Crackers Mandarin Oranges	10 On the Grill Hamburger on a Whole Wheat Bun with Potato Salad Fresh or Chilled Fruit Nutri-Grain Bars Pineapple	11 Mini Turkey Corn Dogs Peas and Carrots Fresh or Chilled Fruit Graham Crackers Applesauce	12 Chicken Patty w/ Whole Wheat Bun Corn Fresh or Chilled Fruit Ritz Crackers Tropical Fruit
15 Soy Stir Fry Noodles with Mixed Veggies Fresh or Chilled Fruit Goldfish Crackers Mandarin Oranges	16 Turkey Club with Lettuce & Tomato on Whole Wheat Bread/ Mixed Veggies Fresh and Chilled Fruit Teddy Grahams/ Cantaloupe	17 On the Grill Beef Hot Dog on Whole Wheat Bun Pickles and Chips Fresh or Chilled Fruit Nilla Wafers Pears	18 Chicken Alfredo Broccoli Fresh or Chilled Fruit Nutri Grain Bar Apple	19 Salami & Provolone Wrap w/ Chips Salad w/ Ranch dressing Fresh or Chilled Fruit Fig Newtons & Cantaloupe
22 Veggie Lasagna Whole Wheat Roll, & Mixed Vegetables Fresh or Chilled Fruit Cheez-It Crackers Banana	23 BBQ Chicken on Whole Wheat Bun Corn Fresh or Chilled Fruit Animal Crackers Pineapples	24 On the Grill Grilled Chimichurri Flank Steak with Rice and Peas Fresh or Chilled Fruit Goldfish Crackers Pears	25 Pancakes Turkey Sausage Fresh or Chilled Fruit Pretzels & Hummus Honeydew	26 Turkey and Provolone Cheese Wrap Salad with Ranch Dressing Fresh or Chilled Fruit String Cheese Apples
29 Individual Cheese Pizza Salad w/ Ranch Dressing Fresh or Chilled Fruit Teddy Grahams Pineapple Tidbits	30 Sun Butter /Jelly on Whole Wheat Bread, Fresh Salad w/ Ranch Dressing Fresh or Chilled Fruit Banana Nilla wafers	31 Stewed Chicken Leg Jollof Rice and Mixed Veggies Fresh or Chilled Fruit Goldfish Crackers Honeydew		