


July Wake-Up Club Menu 2021



WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>5</p>	<p>BREAKFAST Plain Bagel with Cream Cheese Fresh Peach</p> <p>6</p> <p>LUNCH Sunrise Pack Muffin Top Sunflower Seeds String Cheese Baby Carrots Craisins</p>	<p>BREAKFAST Mini Cinnis Fresh Banana</p> <p>7</p> <p>LUNCH Deli Pack Deli Turkey Slices Cheese Cubes Pretzels Fruitables 100% Fruit & Veggie Juice Fresh Cherries</p>	<p>BREAKFAST Banana Bread Square Fresh Cherries</p> <p>8</p> <p>LUNCH Pizza Pack Turkey Pepperoni Shredded Cheese Flatbread Rounds Marinara Sauce Cup Pineapple Tidbits</p>	<p>BREAKFAST Ultra Cocoa Donut Fresh Orange</p> <p>9</p> <p>LUNCH Turkey & Cheese Croissant Sandwich Cucumber Slices Frozen Fruit Cup</p>

WEEK 1

<p>12</p>	<p>BREAKFAST Breakfast Bun Applesauce Cup</p> <p>13</p> <p>LUNCH Muffin Pack Muffin Yogurt Cheese Cubes Fruitables 100% Fruit & Veggie Juice Fresh Cherries</p>	<p>BREAKFAST Mini Bagels filled with Cream Cheese Fresh Cherries</p> <p>14</p> <p>LUNCH Adventure Pack Sunflower Seeds String Cheese Nutrigrain Bar Fruitables 100% Fruit & Veggie Juice Fresh Strawberries</p>	<p>BREAKFAST Breakfast Bread Loaf Fresh Strawberries</p> <p>15</p> <p>LUNCH Nacho Pack Corn Tortilla Chips Black Beans Cheese Cup Salsa Cup Craisins</p>	<p>BREAKFAST Cinnamon Roll Fresh Peach</p> <p>16</p> <p>LUNCH Turkey & Cheese Hawaiian Sandwich Hummus Cup Celery Sticks with Ranch Cup Frozen Italian Ice Cup</p>
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Daily Milk Option at Breakfast:
1% White Milk

Daily Milk Option at Lunch:
1% Chocolate Milk

Breakfast and lunch are still **FREE!**

This menu is subject to change.

“The greatness of community is most accurately measured by the compassionate actions of its members.”
- Coretta Scott King


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