

July 2021

Shining Stars Academy Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Cin Raisin Br/Milk 1 Pizza Noodle Bake Salad Pears/Milk Chefs Choice	Ch Taco w/fruit/Milk2 MI&Ch Sandwich Chips/Applesauce Milk Ice Cream Sundaes	3
4 Happy 4 th to all our SSA Families	5 Shining Stars Closed for July 4 th Holiday	6 Toast/Mix Fruit/Milk 6 Ravioli Green Beans Pineapple/Milk Trail Mix	7 Yogurt/Mix Berry 7 Soft Tacos Lettuce Tomatoes Cantaloupe PB Crackers	8 Eng Muff/Mix Fru/Mil 8 Tuna Noodle Cass Peas/Carrots Apples/Milk StrCheese/Cucumber	9 Pancakes/Milk 9 Chicken Nuggets Mix Veggies Berries/Milk Oranges/Cheese	10
11	12 Cereal/Milk 12 Beans and Franks Broccoli Peaches/Milk Apples w/PB	13 BB Muffin/Milk 13 Ham Mac&Cheese Peas Oranges /Milk Goldfish	14 Ham Melt/Milk 14 Sub Sandwiches Lettuce/Tomatoes Chips/Mix Fruit Milk Yogurt w/fruit	15 Bagels/Peach/Milk 15 Sloppy Sammies Tator Tots Pineapple/Milk Ch Crackers	16 Life Cereal/Milk 16 Taqitos Mix Veggies Apples/Milk Smores	17
18	19 Cereal/Milk 19 Burritos Corn Mix Fruit/Milk Animal Crackers	20 Fr Toast/Milk 20 Grill Ch Sandwich Chips Peaches/Milk Carrots Sticks wRanch	21 Bagels/Milk 21 Chicken Quesadilla Mix Veggies Applesauce/Milk Fruit Smoothies	22 Cin Toast/Raisin/Mil22 Ranch Casserole Greenbeans Cantaloupe/Milk Nachos	23 Mini Wheats/Milk 23 Pizza Green Beans Pineapple	24 Sundaes
25	26 Cereal/Milk 26 Corn Dogs Corn Mix Fruit Milk Berry Banana Split	27 Cin Raisin Bread/Mil 27 Spaghetti w/Meat Cucumber Salad Oranges/Milk Graham Crackers	28 Waffle/Strawberr/Mil 28 Sunshine Rollups Mix Veggies Apples Chips and Salsa	29 Yogurt w/Pineap29 Chili Mac Corn/Mix Fruit Milk Brownies/Milk	30 Cheerios/Berries/Milk 30 Brown Bag Day Rice Cakes/PB	31

Water is served
with all Meals
Milk provided at
Breakfast and
Lunch

All food is sliced
to small pieces,
steamed/cooked
or mashed
appropriately
before serving to
any child under
age of 5.

