

JULY | 2018

Epworth Preschool & Daycare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 B: Cheerios, Apples L: Soy Butter & Jelly Sandwich, Sugar Snap Peas, Peaches, Pretzels S: Grahams & Yogurt	3 B: Whole Grain Cinnamon Muffins, Grapes L: Chicken Burritos, Mixed Veggies, Apples S: Scooby Snacks	4 Happy 4 th of July! Epworth PS/DC CLOSED	5 B: Whole Grain Toast, Applesauce L: Cheese Pizza, Tossed Salad, Cottage Cheese, Pineapple S: Cheerios & Raisins	6 B: Life cereal, Oranges L: Chicken Nuggets, Carrots & Ranch, Cheez-Its, Grapes S: Chex Mix
9 B: Whole Grain French Toast, Oranges L: Turkey Wraps, Corn, Peaches, Goldfish crackers S: Apples & String Cheese	10 B: White Whole Wheat Bagels, Apples L: Cheeseburger, French Fries, Mixed Veggies, Mandarin Oranges S: Banana Crunch	11 B: Rice Chex, Applesauce L: Scalloped Potatoes & Ham, Bread & Butter, Peas, Pears S: Cucumbers & Ranch	12 B: Oatmeal, Bananas L: Shredded Chicken Sliders, Green Beans, Apples, Cheez-Its S: Crackers & Jelly	13 B: Whole Wheat English Muffins, Grapes, Yogurt L: Turkey & Cheese Sandwich, Celery & Ranch, Pretzels, Apples S: Teddy Grahams
16 B: Whole Grain Cinnamon Muffin, Grapes L: Grilled Cheese, Carrots & Ranch, Mandarin Oranges S: Broccoli & Ranch	17 B: Cheerios, Bananas L: Chicken Nuggets, French Fries, Corn, Peaches S: Tortilla Chips & Salsa	18 B: Whole Multi-Grain Pancakes, Apples L: Beef Burritos, Mixed Vegetables, Pineapple S: Cinnamon Goldfish	19 B: Life Cereal, Oranges L: Smoked Sausage, Green Beans, & Potatoes, Bread & Butter, Pears S: Grapes	20 B: Whole Grain Toast, Applesauce L: BBQ Pork Sliders, Sugar Snap Peas, Pretzels, Bananas S: Goldfish crackers
23 B: Rice Chex cereal, Applesauce L: Sweet N Sour Meatballs Rice, Green Beans, Melon S: Graham Crackers & Pudding	24 B: Whole Grain French Toast, Oranges L: Cheese Pizza, Tossed Salad, Cottage Cheese, Pears S: Ants on a Log	25 B: Whole Wheat English Muffins, Grapes, Yogurt L: Ham & Cheese Cracker Stackers, Carrots & Ranch, Applesauce S: Crackers & Cheese	26 B: White Whole Wheat Bagels, Apples L: Tater Tot Casserole, Whole Grain Roll, Mixed Vegetables, Pineapple S: Oranges	27 B: Oatmeal, Bananas L: Sloppy Joe Sliders, Carrots & Ranch, Cheez-Its, Oranges S: Pretzels
30 B: Cheerios, Bananas L: Chef Salad (w/ ham, turkey, eggs) Whole Grain Roll, Mandarin Oranges S: Apples & Yogurt	31 B: Whole Multi-Grain Pancakes, Apples L: Bean & Cheese Burrito, Mixed Vegetables, Applesauce S: Teddy Grahams			

News

July 4: Independence Day,
Daycare CLOSED