


July MENU



Oak Brook School
family owned since 2001

<p>July 3rd-7th : Week 5 Breakfast: Yogurt with granola with fresh fruit and milk</p> <p>Lunch: Baked chicken with corn on the cob, fresh fruit and milk Veggie Option: Protein sub</p> <p>PM Snack: Cheese and crackers</p>	<p>OBS Closed 4th of July</p> 	<p>Breakfast: French toast with fresh fruit and milk</p> <p>Lunch: Hamburgers, fries with fresh fruit and milk Veggie option: Veggie burger</p> <p>PM Snack: Oat bars</p>	<p>Breakfast: Oatmeal with fresh fruit and milk</p> <p>Lunch: Turkey with spinach wrap with fresh fruit and milk Veggie Option: Veggie wrap</p> <p>PM Snack: Healthy muffins</p>	<p>Breakfast: Biscuits with jelly fresh fruit and milk</p> <p>Lunch: Veggie stir fry with steamed rice fresh fruit and milk</p> <p>PM Snack: Applesauce and cheese sticks</p>
<p>July 10th-14th: Week 1 Breakfast: Bagels with cream cheese with fresh fruit and milk</p> <p>Lunch: Turkey hotdog and veggies with fresh fruit and milk Veggie Option: Veggie dog</p> <p>PM Snack: Veggie sticks</p>	<p>Breakfast: Apple muffins with fresh fruit and milk</p> <p>Lunch: Mac n cheese, veggies with fresh fruit and milk</p> <p>PM Snack: Pretzels and cream cheese</p>	<p>Breakfast: Boiled eggs and toast with fresh fruit and milk</p> <p>Lunch: Sloppy joes, veggies with fresh fruit and milk</p> <p>Veggie Option: Protein sub PM Snack: Bread pudding</p>	<p>Breakfast: Pancakes with fresh fruit and milk</p> <p>Lunch: Grilled cheese with veggies with fresh fruit and milk</p> <p>PM Snack: Yogurt with fruit</p>	<p>Breakfast: Cheese toast with fresh fruit and milk Lunch: Fish sticks with veggies, fresh fruit and milk</p> <p>Veggie option: Protein sub</p> <p>PM Snack: Chex mix</p>
<p>July 17th-21st : Week 2 Breakfast : Yogurt with granola with fresh fruit and milk</p> <p>Lunch : Nachos with beef and rice with fresh fruit and milk Veggie Option: Bean nachos PM Snack: Veggie Sticks</p>	<p>Breakfast: Cinnamon roll with fresh fruit and milk</p> <p>Lunch: Turkey and cheese pita pocket with fresh fruit and milk Veggie Option: Veggie pita PM Snack: Vanilla wafers</p>	<p>Breakfast: French toast with fresh fruit and milk</p> <p>Lunch: Spaghetti with meatballs, garlic toast and fresh fruit and milk Veggie Option: Protein sub PM Snack: Oat bars</p>	<p>Breakfast: Oatmeal with fresh fruit and milk</p> <p>Lunch: Roasted chicken and mashed potatoes, fresh fruit, roll and milk Veggie Option: Protein sub PM Snack: Healthy muffins</p>	<p>Breakfast: Biscuits with jelly fresh fruit and milk Lunch: Turkey pepperoni pizza with veggies fresh fruit and milk Veggie Option: Cheese pizza</p> <p>PM Snack: Applesauce and cheese sticks</p>
<p>July 24th-28th: Week 3 Breakfast: Bagels and cream cheese w/ fresh fruit and milk Lunch: Hot turkey and cheese sandwiches, veggies, fresh fruit and milk Veggie Option: Protein sub PM Snack: Veggie sticks</p>	<p>Breakfast: Apple muffins with fresh fruit and milk Lunch: Chicken and cheese quesadillas fresh fruit and milk Veggie Option: Cheese quesadillas PM Snack: Pretzels and cream cheese</p>	<p>Breakfast: Boiled eggs with toast and fresh fruit and milk Lunch: Alfredo noodles with veggies, fresh fruit, and milk</p> <p>PM Snack: Bread pudding</p>	<p>Breakfast: Pancakes with fresh fruit and milk Lunch: Chicken fingers with veggies fresh fruit and milk Veggie Option: Protein sub PM Snack: Yogurt with fruit</p>	<p>Breakfast: Cheese toast with fresh fruit and milk Lunch: Beef tacos with rice, fresh fruit and milk Veggie Option: Bean tacos PM Snack: Chex mix</p>
<p>July 31st : Week 4 Breakfast: Yogurt with granola with fresh fruit and milk</p>				

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<p>Lunch: Italian pasta salad with turkey pepperoni, garlic bread, fresh fruit and milk Veggie Option: Protein sub PM Snack: Cheese and crackers</p>				
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