



menu July 2026

WEEK OF JULY 1-3

- 1- Pita pocket chicken salad, cheese chunks, fruit
- 2- Corn dog, tater tots, confetti corn, RED, WHITE and BLUE SALAD (strawberries, blue berries and mini marshmallows)
- 3- FBCC CDC'S kitchen is **CLOSED** for the Fourth of July

WEEK OF JULY 6-10

- 6- Black bean and corn wrap, vanilla yoghurt topped with fruit
- 7- (Turkey) Western mac & cheese with riced cauliflower, cranberry applesauce
- 8- VERY veggie vegetable soup, string cheese, warmed English muffin with apple butter
- 9- Open face turkey and Swiss cheese on rye, pear applesauce topped with nut-free granola
- 10- Tomato soup with brown rice, cheesy garlic bread, fruit

WEEK OF JULY 13-17

- 13-17- FBCC CDC's kitchen is closed for maintenance. Parents are asked to provide a nut-free non-perishable lunch for their child/ren. AM and PM snacks will be served

WEEK OF JULY 20-24

- 20- Very veggie soup, whole wheat crackers, cheese chunks, fruit
- 21- English muffin cheese pizza, confetti corn, fruit
- 22- 100% Beef bologna sliders, veggie stix, sliced cucumbers, fruit
- 23- Chicken and vegetable soup, naan, fruit
- 24- Hummus sandwich, string cheese, pretzels, fruit

WEEK OF JULY 27-31

- 27- Whole wheat pasta with veggie marinara sauce, Italian crispy bread sticks, Italian ice
- 28- Guacamole, turkey and spinach wrap, veggie stix, cranberry applesauce
- 29- Pollock Johnny's, pickles, corn on the cob, potato chips, watermelon
- 30- Lentil, pea and carrot soup, naan, mandarin oranges
- 31- Banana, chocolate whipped cream cheese, nut-free granola sushi, celery and carrot sticks, frozen yoghurt





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AM SNACKS

MONDAY- Fruity applesauce and graham crackers

TUESDAY- Pineapple slices and cottage cheese

WEDNESDAY- Cereal bar

THURSDAY- Mini bagel and whipped cream cheese

FRIDAY- fruit bar and milk

PM SNACKS

MONDAY- Fig Newton and milk

TUESDAY- Pepperoni slices and cheese chunks

WEDNESDAY- Pears and ginger snaps

THURSDAY- Tortilla chips and salsa

FRIDAY- Celery sticks and hummus

