

July 2017

Amherst Summer Meals – Breakfast Menu



Milk is served with every meal
Harvest of the Month Summer Crops are
Strawberries, Cucumbers, and Peaches



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

3

4

HOLIDAY

5

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

6

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

7

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

10

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

11

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

12

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

13

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

14

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

17

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

18

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

19

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

20

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

21

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

24

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

25

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

26

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

27

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

28

Choice of Cold Cereal with Hood Milk
Fruit Cup or Fresh Fruit or 100% Fruit Juice

31

