



ROCKING HORSE ACADEMY MENU



JULY 13th - JULY 17th

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Pancakes Strawberry Preserves Fruit Milk	Kolache Fruit Milk	Cereal Banana Milk	Yogurt Berries Water	Banana Bread Fruit Milk
LUNCH	Chicken Nuggets Mashed Potatoes w/Gravy Corn Pears Milk	Beef Soft Tacos, Lettuce & Tomato Salad Refried Beans Diced Mango Milk	Sliced Turkey w/Gravy Dinner Roll Green Beans Strawberries Milk	Beef-A-Roni +2 Fresh Spinach Salad -2 Mixed Vegetables Fruit Cocktail Milk	Ham & Cheese Sandwich Sweet Potato Tots/Fries Pineapples Milk
PRE-K PM SNACK	Ritz Crackers Cheese Cubes Water	Sun-Butter Apple Slices Water	Bagels Cream Cheese Fruit Water	+2 Sugar Snap Peas w/Ranch -2 Carrots Cheese Stick Water	+2 Graham Crackers -2 Animal Crackers Applesauce Water
CORRAL KIDS PM SNACK	Ritz Crackers Cheese Cubes Water	Sun-Butter Apple Slices Water	Bagels Cream Cheese Fruit Water	Sugar Snap Peas w/Ranch Cheese Stick Water	Popcorn Pickles Water

JULY 20th - JULY 24th

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal Fruit Milk	Ham & Cheese Toast Fruit Milk	Oatmeal Berries Milk	Sausage Link English Muffin w/Jelly Milk	Cinnamon Muffin Strawberries Milk
LUNCH	Pepperoni Pizza Cucumber & Tomato Salad Orange Slices Milk	Chicken Noodle Soup +2 Fresh Garden Salad w/ Ranch -2 Roasted Zucchini Sticks Fresh Melon Milk	Meat Balls w/Gravy Noodles Peas & Carrots Peaches Milk	Cheeseburger Sweet Potato Tots/Fries Pears Milk	1/2 Turkey & Cheese Wrap Veggies Sticks Fruit Milk
PRE-K PM SNACK	Goldfish Apple Slices Water	Veggie Sticks w/Greek Yogurt Ranch Dip Water	1/2 Sun-Butter & Jelly Sandwich Apple Slices Water	Pretzels +2 Grapes -2 Apricots Water	Trail Mix Orange Slices Water
CORRAL KIDS PM SNACK	Goldfish Apple Slices Water	Veggie Sticks w/Greek Yogurt Ranch Dip Water	1/2 Sun-Butter & Jelly Sandwich Apple Slices Water	Pretzels Grapes Water	Trail Mix Orange Slices Water