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# Spectrum Station

June 28-July 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 Whole Grain Cereal Pineapple Tidbits  Cold Milk	English Muffin w/ Jelly Peaches  Cold Milk	  Pancakes w/ Syrup Pears  Cold Milk	Bagel w/  Cream Cheese Mandarin Oranges  Cold Milk	  Cinnamon Muffins Mixed Fruit  Cold Milk
AM Snack	 Cheese It Crackers Fruit Juice	Pretzels Fruit Juice	Graham Crackers Fruit Juice	  Vanilla Wafers Fruit Juice	Animal Crackers Fruit Juice
Lunch	 Nacho Crunch w/ Lettuce and Cheese  Corn Pineapple  Cold Milk	  Creamy Cheeseburger Macaroni Peas Peaches  Cold Milk	   Salisbury Steak w/ Gravy  Mashed potatoes Green Beans Pears  Cold Milk	   Saucy Meatballs w/ Rice Carrots Mandarin Oranges  Cold Milk	Hot Dog On A Bun Mixed Veggies Mixed Fruit  Cold Milk
PM Snack	Graham Crackers Raisins	Oranges   Vanilla Wafers	Raisins Animal Crackers	Saltine Crackers  Cheese Slice	Baby Carrots w/  Ranch Dip Or Pretzels Raisins
Allergy symbols:	 Milk  Eggs  Pork  Dye  Oats				