Friendship House of Crystal Lake

July 2026 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Banana Bread Pears Milk	2 Pancakes Applesauce Milk	3 **CLOSED** **Happy 4th of July!**
6 Yogurt & Granola Berries Milk	7 Toasted Oats Banana Milk	8 English Muffin w/Jelly Applesauce Milk	9 Cinnamon Toast Pears Milk	10 Corn Flakes Orange Slices Milk
13 Cereal Bar Pineapple Milk	14 Toasted Oats Apples Milk	15 Apple Cinnamon Muffin Orange Slices Milk	16 Waffles Pears Milk	17 Rice Krispies Cantaloupe Milk
20 Cinnamon Toast Apples Milk	21 Toasted Oats Orange Slices Milk	22 Blueberry Muffin Tropical Fruit Milk	23 Bagel w/Cream Cheese Peaches Milk	24 Corn Flakes Strawberries Milk
27 Cereal Bar Banana Milk	28 Toasted Oats Orange Slices Milk	29 Banana Bread Pears Milk	30 Pancakes Tropical Fruit Milk	31 Rice Krispies Apples Milk

Infants 12 month – Toddlers 24 month – Unflavored Whole Milk
Children older than 24 months offered 1% Milk

Friendship House of Crystal Lake

July 2026 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Macaroni & Cheese Corn Grapes Milk	2 Hotdog on a Bun Carrots & Peas Watermelon Milk	3 **CLOSED** **Happy 4th of July!**
6 Egg & Cheese Omelet ½ Slice of Bread Peas Pears Milk	7 Cheese Ravioli w/Red Sauce Green Beans Pineapple Milk	8 Chicken & Cheese Sandwich Cucumbers Peaches Milk	9 Chicken Nuggets Regular Fries Mixed Vegetables Cantaloupe Milk	10 Turkey & Cheese Sandwich Cooked Carrots Watermelon Milk
13 Pizza Salad Pears Milk	14 Ham & Cheese Sandwich Corn Pineapple Milk	15 Rotini Noodles w/Red Sauce String Cheese Peaches/GreenBeans Milk	16 Fish Filet Regular Fries Carrots & Peas Grapes Milk	17 Sun Butter & Jelly Sandwich Sweet Potato Fries Applesauce Milk
20 Chicken & Cheese Sandwich Peas Pears Milk	21 Soft shell Tacos with cheese & lettuce Watermelon Milk	22 Cheese Tortellini Green Beans Banana Milk	23 Chicken Patty on a Bun Corn Cantaloupe Milk	24 Turkey & Cheese Sandwich Carrots & Peas Applesauce Milk
27 Sun Butter & Jelly Sandwich Cooked Broccoli Pineapple Milk	28 Meatball Sandwich Green Beans Pears Milk	29 Macaroni & Cheese Corn Grapes Milk	30 Egg & Cheese Omelet ½ Slice of Bread Peas Orange Slices Milk	31 Ham & Cheese Sandwich Sweet Potato Fries Applesauce Milk

Infants 12 month – Toddlers 24 month – Unflavored Whole Milk
Children older than 24 months offered 1% Milk

Friendship House of Crystal Lake

July 2026 Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Goldfish Milk	2 Saltine Crackers String Cheese	3 **CLOSED** **Happy 4th of July!**
6 Veggie Straws Cheese Slice	7 Animal Crackers Milk	8 Ritz Crackers Fruit Snack Fruit Cup - BT	9 Go-gurt (yogurt) Vanilla Wafers	10 Tortilla Chips Salsa
13 Pudding Cup Wheat Cracker	14 Popcorn Cheese Slice	15 Graham Crackers Milk	16 Cheese Crackers Cucumbers	17 Pretzel Sticks String Cheese Cheese Slice (BT)
20 Ritz Crackers Fruit Snack Fruit Cup (BT)	21 Veggie Straws Cheese Slice	22 Tortilla Chips Salsa	23 Go-gurt (yogurt) Vanilla Wafers	24 Animal Crackers Milk
27 Apples Sun Butter (Applesauce-BigTop)	28 Carrots Cucumbers (BT/SB/B) Ranch	29 Goldfish Milk	30 Saltine Crackers String Cheese	31 Pudding Cup Graham Crackers

Infants 12 month – Toddlers 24 month – Unflavored Whole Milk
Children older than 24 months offered 1% Milk