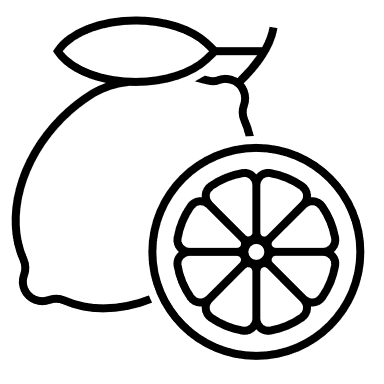
July Breakfast Menu Senior Services 

Food Vendor Aging True

\*\*Meal Reservations Required\*\*

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| 1 Cranberry Juice  String Cheese  Hard Boiled Egg  Bagel  Frosted Mini Wheats  Fresh Fruit  1% Milk  Cream Cheese/Jelly | 2 Grape Juice  Peanut Butter  String Cheese  Whole Wheat Bread  Cheerios Cereal  Fresh Fruit  1% Milk  Margarine/Jelly | 3 Orange Juice  Hard Boiled Egg  Fruit Yogurt  Raisin Bran Cereal  Apple Cereal Bar  Fruit Cup  1% Milk |
| 8 Orange Juice  String Cheese  Hard Boiled Egg  Raisin Bran Cereal  English Muffin  Pineapple Fruit Cup  1% Milk  Margarine/Jelly | 9 Apple Juice  Peanut Butter  String Cheese  Cheerios Cereal  Nutrigrain Bar  Tropical Fruit Cup  1% Milk | 10 Orange Juice  Hard Boiled Egg  String Cheese  Oatmeal  Cinnamon Toast Crunch Bar  Applesauce  1% Milk  Margarine/Jelly |
| 15 Orange Juice  String Cheese  Peanut Butter  Honey Nut Cheerios  Cinnamon Toast Crunch Bar  Applesauce  1% Milk | 16 Fruit Blend Juice  String Cheese  Hard Boiled Egg  Oatmeal  Whole Wheat Bread  Mandarin Oranges  1% Milk  Margarine/Jelly | 17 Grape Juice  Hard Boiled Egg  Fruit Yogurt  Raisin Bran Cereal  English Muffin  Pear Fruit Cup  1% Milk  Margarine/Jelly |
| 22 Cranberry Juice  String Cheese  Hard Boiled Egg  Frosted Mini Wheats  Whole Wheat Bread  Mandarin Oranges  1% Milk  Margarine/Jelly | 23 Grape Juice  Peanut Butter  String Cheese  Cheerios  Nutrigrain Bar  Tropical Fruit Cup  1% Milk | 24 Orange Juice  Hard Boiled Egg  Fruit Yogurt  Raisin Bran Cereal  Bagel  Peach Fruit Cup  1% Milk  Cream Cheese/Jelly |
| 29 Orange Juice  String Cheese  Hard Boiled Egg  Raisin Bran Cereal  English Muffin  Pineapple Fruit Cup  1% Milk  Margarine/Jelly | 30 Apple Juice  Peanut Butter  String Cheese  Cheerios Cereal  Nutrigrain Bar  Tropical Fruit Cup  1% Milk | 31 Orange Juice  Hard Boiled Egg  String Cheese  Oatmeal  Cinnamon Toast Crunch Bar  Applesauce  1% Milk  Margarine/Jelly |

Menu Prepared by Mandy Patrick,MS,RD,LD with Aging True, 4250 Lakeside Dr. #116, Jacksonville, FL 32210

Menu Approved by Sharon Meier Lutheran,MSH,RDN,LDN Date of Approval May 30,2025