July Breakfast Menu Senior Services 

Food Vendor Aging True

\*\*Meal Reservations Required\*\*

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| 1 Cranberry JuiceString CheeseHard Boiled EggBagelFrosted Mini WheatsFresh Fruit1% MilkCream Cheese/Jelly | 2 Grape JuicePeanut ButterString CheeseWhole Wheat BreadCheerios CerealFresh Fruit1% MilkMargarine/Jelly | 3 Orange JuiceHard Boiled EggFruit YogurtRaisin Bran CerealApple Cereal BarFruit Cup1% Milk |
| 8 Orange JuiceString CheeseHard Boiled EggRaisin Bran CerealEnglish MuffinPineapple Fruit Cup1% MilkMargarine/Jelly | 9 Apple JuicePeanut ButterString CheeseCheerios CerealNutrigrain BarTropical Fruit Cup1% Milk | 10 Orange JuiceHard Boiled EggString CheeseOatmealCinnamon Toast Crunch BarApplesauce1% MilkMargarine/Jelly |
| 15 Orange JuiceString CheesePeanut ButterHoney Nut CheeriosCinnamon Toast Crunch BarApplesauce1% Milk | 16 Fruit Blend JuiceString CheeseHard Boiled EggOatmealWhole Wheat BreadMandarin Oranges1% MilkMargarine/Jelly | 17 Grape JuiceHard Boiled EggFruit YogurtRaisin Bran CerealEnglish MuffinPear Fruit Cup1% MilkMargarine/Jelly |
| 22 Cranberry JuiceString CheeseHard Boiled EggFrosted Mini WheatsWhole Wheat BreadMandarin Oranges1% MilkMargarine/Jelly | 23 Grape JuicePeanut ButterString CheeseCheeriosNutrigrain BarTropical Fruit Cup1% Milk | 24 Orange JuiceHard Boiled EggFruit YogurtRaisin Bran CerealBagelPeach Fruit Cup1% MilkCream Cheese/Jelly |
| 29 Orange JuiceString CheeseHard Boiled EggRaisin Bran CerealEnglish MuffinPineapple Fruit Cup1% MilkMargarine/Jelly | 30 Apple JuicePeanut ButterString CheeseCheerios CerealNutrigrain BarTropical Fruit Cup1% Milk | 31 Orange JuiceHard Boiled EggString CheeseOatmealCinnamon Toast Crunch BarApplesauce1% MilkMargarine/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