



July 2025 Menu Breakfast & Lunch



*Friday Meals at
Select Schools

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|--|---|---|--|---|
| 30 Breakfast: Benefit Bar, Applesauce Lunch Mini Corn Dogs Vegetarian Beans & Apples | 1 Breakfast: Strawberry Cream Cheese Filled Mini Bagels, Apples Lunch Roasted Turkey w/Gravy Mashed Potatoes & Peaches | 2 Breakfast: Bacon, Egg & Cheese Breakfast Sandwich, Peaches Lunch Chicken Sandwich (Reg or Spicy) Fries & Mixed Fruit | 3 Breakfast: French Toast Sticks, Mixed Fruit Lunch Chicken Nuggets Sliced Cucumbers & Watermelon | 4 4th of July No Open Sites |
| 7 Breakfast: Dutch Waffles, Pears Lunch Grilled Cheese Sandwich Garlic Green Beans & Oranges | 8 Breakfast: Apple Strudel, Oranges Lunch Fajita Chicken Rice Bowl Corn and Black Bean Salad & Frozen Strawberries | 9 Breakfast: Omelet, Frozen Strawberries Lunch Beans & Cheese w/Scoops Hot Corn & Pear | 10 Breakfast: Cinnamon Glazed Pancakes, Pear Lunch Pizza (Cheese & Pepperoni) Caesar Salad & Pineapple | 11 Breakfast: Breakfast Bread Slice, Pineapple Lunch Turkey & Cheese Croissant Sandwich Baby Carrots & Applesauce |
| 14 Breakfast: Benefit Bar, Applesauce Lunch Mini Corn Dogs Vegetarian Beans & Apples | 15 Breakfast: Strawberry Cream Cheese Filled Mini Bagels, Apples Lunch Roasted Turkey w/Gravy Mashed Potatoes & Peaches | 16 Breakfast: Bacon, Egg & Cheese Breakfast Sandwich, Peaches Lunch Chicken Sandwich (Reg or Spicy) Fries & Mixed Fruit | 17 Breakfast: French Toast Sticks, Mixed Fruit Lunch Chicken Nuggets Sliced Cucumbers & Watermelon | 18 Breakfast: Muffin & Yogurt, Watermelon Lunch Italiano Sub Sandwich Broccoli & Pears |
| 21 Breakfast: Bagel w/Cream Cheese, Diced Pear Cup Lunch PB&J Lunch Pack Celery Sticks & Mixed Fruit Cup | 22 Breakfast: Apple Strudel, Mixed Fruit Cup Lunch Breakfast Bread Plate Baby Carrots & Applesauce Cup | 23 Breakfast: Oatmeal Breakfast Round, Applesauce Cup Lunch Cereal Breakfast Plate Corn & Peach Cup | 24 Breakfast: Pop Tart & Cheese Stick, Peach Cup Lunch Build-A-Pizza (Cheese & Pepperoni) Green Beans & Pear Cup | 25 Last Day of Summer Programs Vary. See Side Panel for Specific Dates |

Getting Ready For School!

First Day:
Thursday, July 31st



Bridge 9 / Kinder Jumpstart
City of Peoria & KidZone Free Meal Sites

Visit www.peoriaunified.org
for a list of sites, days & times
offering Free Summer Meals!

Free Summer Meal Locations

Monday - Friday:

June 30th - July 23rd

Alta Loma Oasis

Sundance

June 30th - July 24th

Desert Valley Foothills

Monday - Thursday: 1 Week Only

Copperwood: Jul 21 - Jul 24

Heritage: Jul 7 - Jul 10

Kachina: Jul 21 - Jul 24

Marshall Ranch: Jul 14 - Jul 17

Peoria Elem.: Jul 23 & Jul 24

Raymond S. Kellis: Jul 22 - Jul 24

Daily breakfast includes milk (white or chocolate), listed entrée, cereal w/graham cracker, fruit, & fruit juice.

Daily lunch includes milk (white or chocolate); listed entrée, fruit & vegetable; & second manager's choice entrée.

Due to supply chain disruptions, substitutions may be made without notice.

Peanut butter not served at summer camp

🌿 = Vegetarian Option

Mini Corn Dogs are Chicken Based

This institution is an equal opportunity provider.



Last Updated: 5/05/25

July 2025 - Public & KidZone Carb Counts

Week 1 & 3 (June 30 - July 3 & July 14-17)

Breakfast:

Benefit Bar

Banana Choc: 47g
French Toast: 47g
Oatmeal Choc: 47g

Applesauce: 14g

Lunch

Mini Corn Dogs

Tyson: 26g
Foster Farm: 30g
Vegetarian Beans: 28g

Apple (Use DOD)

Red Delicious: 25g
Granny: 25g
Fuji: 14g
Gala: 19g

Breakfast:

Strawberry Cream Cheese

Filled Mini Bagels: 42g

Apple (Use DOD)

Red Delicious: 25g
Granny: 25g
Fuji: 14g
Gala: 19g

Lunch

Roasted Turkey w/Gravy

Rst Turkey: 1g
Gravy: 3g
Mashed Potato: 17g

Peaches

#10 Can: 14g
DOD Fresh: 11g
SH Fresh: 11g

Breakfast:

Bacon, Egg & Cheese

Breakfast Sandwich: 31g

Bacon: 0g (ea)
Am. Cheese: 1g (ea)
Egg Patty: 1g
Croissant: 29g

Peaches: See Tues for Fresh

#10 Can: 14g

Lunch

Chicken Sandwich:

Bun: 26g

Reg: 41g

Chicken Patty: 15g

Spicy: 43g

Spicy Patty: 17g

Fries - Tater: 16g

Mixed Fruit Cup

#10 can: 17g

Breakfast:

French Toast Sticks: 69g

French Toast: 38g
Syrup: 31g

Mixed Fruit

#10 can: 17g

Lunch

Chicken Nuggets: 16g

Sliced Cucumbers: 1.5g

Watermelon: 11g

Offer Whole Grain

Crackers: 15g

Breakfast:

Muffin: See Right

Yogurt: See Right

Watermelon: 11g

Lunch

Italiano Sub Sandwich: 31g

Sub: 27g

Italian Combo: 35040

Am. Swiss: 2g

Broccoli: 5g

Pears

#10 Can: 14g

DOD Fresh: 15g

SH Fresh: 15g



Cereal

Cinnamon Toast Crunch: 22g

Cheerios: 20g

Rice Chex: 24g

Cocoa Puffs: 25g

Apple Jack: 24g

Trix: 24g

Lucky Charms: 23g

Froot Loops: 24g

Yogurt

Aikins Strawberry Yogurt: 20g

Aikins Strawberry Banana Yogurt: 14g

Aikins Vanilla Yogurt: 14g

Shelf Stable Strawberry: 21g

Shelf Stable Vanilla: 21g

Juice (4.23oz)

Apple Juice (4.23oz): 14g

Fruit Punch Juice (4.23oz): 15g

Orange Tangerine Juice (4.23oz): 15g

Very Berry (4.23oz): 17g

Craisins

Strawberry Craisin: 27g

Orange Craisin: 28g

Cherry Craisin: 28g

Raspberry Lemonade Craisin: 27g

Muffin Otis Brand

Banana Muffin: 30g

Apple Cinnamon Muffin Loaf: 35g

Blueberry Muffin: 29.5g

Chocolate Chip Muffin: 33g



Last Updated: 5/06/25

Week 2 (July 7-10)

Breakfast:

Dutch Waffles: 43g

Pears

#10 Can: 14g
DOD Fresh: 15g
SH Fresh: 15g

Lunch

Grilled Cheese Sandwich: 30g

Bread: 26g
Cheese: 1g (ea) - 4g (for recipe)
Butter: 0g

Garlic Green Beans: 3g

Garlic Powder: 0g
Green Beans: 3g
Oranges: 12g

Breakfast:

Apple Strudel: 36g

Oranges: 12g

Lunch

Fajita Chicken Rice Bowl: 23g

Rice: 22g
Chicken Fajita: 1g

Corn and Black Bean Salad:

13g (1/2c total)

Black Bean: 18g (1/2c)
Corn: 16g (1/2c)
Canned Tomato: 5g
Green Chilies: 0g
Lemon Juice: 0g
Frozen Strawberries: 10g

Breakfast:

Omelet: 1g

Frozen Strawberries: 10g

Lunch

Beans & Cheese w/Scoops: 35g

Scoops: 19g
Refried Beans: 17g
Hot Corn: 16g

Pears

#10 Can: 14g
DOD Fresh: 15g
SH Fresh: 15g

Breakfast:

Cinn. Glazed Pancakes: 35g

Pears

#10 Can: 14g
DOD/SH Fresh: 15g

Lunch

Pizza (Cheese & Pepperoni)

Pizza, Stuff Crst: 35g
Pepperoni: 0g

Caesar Salad: 6g

Parmesan: 0g
Caesar Dres.: 1g
Kale: DOD: 1g
Romaine: 2g
Croutons: 4g
Pineapple: 17g

Breakfast:

Breakfast Bread Slice

Pumpkin: 44g
Banana: 45g
Pineapple: 17g

Lunch

Turkey & Cheese Croissant

Sandwich: 30g

Croissant: 29g

Turkey Roast: 1g

(Turkey Sliced: 1g)

Baby Carrots

Bulk: 5g
Bagged: 8g
Applesauce: 14g

Week 4 (July 21-25)

Breakfast:

Bagel: Bulk & IW: 29g
Cream Chz: Orig: 2g
Cream Chz Straw: 3g
Diced Pear Cup: 19g

Lunch

PBJ Lunch Pack

Grape: 32g / Straw: 32g
Yogurt: See Right
Chz: Cube: 0g / Stick: 2g
Celery Sticks: 1.5g
Harvest Mixed Fruit: 19g

Breakfast:

Apple Strudel: 36g
Mixed Fruit Cup: 19g

Lunch

Breakfast Bread Plate

Pumpkin: 44g
Banana: 45g
Yogurt: See Right
Chz: Cube: 0g / Stick: 2g
Carrots: Bulk: 5g / Bag: 8g
Applesauce Cup: Orig - 14g,
Cinn - 14g, Straw - 14g

Breakfast:

Oatmeal Breakfast Round: 44g
Applesauce Cup: Orig - 14g,
Cinn - 14g, Straw - 14g

Lunch

Cereal Breakfast Plate

Cereal Variety: See Right
Yogurt: See Right
Chz: Cube: 0g / Stick: 2g
Corn: 16g
Peach Cup: 18g

Breakfast:

Pop Tart

Fudge: 38g / Cinn: 37g /
Straw: 38g

Chz: Cube: 0g / Stick: 2g

Peach Cup: 18g

Lunch

Build-A-Pizza: 35g

Marinara: 7g / Chz: 1g
Loco Brd: 26g / Pep: 0g
Green Beans: 3g
Diced Pear Cup: 19g