



July Breakfast Menu 2026 Unitized Meals - Southampton Davis, VITA

Must be consumed on site

	Monday	Tuesday	Wednesday	Thursday	Friday
	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul
Entree	Blueberry Muffin	Double Chocolate Chip Muffin	Chocolate Chip Muffin	Apple Cinnamon Muffin	Assorted Muffins
Entree	Trix Cereal Bar	Cocoa Puffs Cereal Bar	Cinnamon Toast Crunch Bar	Golden Grahams Cereal Bar	Assorted Cereal Bar
Entree	Cinnamon Toast Crunch Cereal	Trix Cereal	Apple Jacks Cereal	Lucky Charms Cereal	Assorted Cereal
Extra	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers
Fruit/Juice	Apple Slices or 100% Tangerine Orange Juice	Fruit Mix Cup or 100% Tangerine Orange Juice	Apple Slices or 100% Tangerine Orange Juice	Fruit Mix Cup or 100% Tangerine Orange Juice	Apple Slices or 100% Tangerine Orange Juice
Milk	Milk Selection	Milk Selection	Milk Selection	Milk Selection	Milk Selection
	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
Entree	Blueberry Muffin	Double Chocolate Chip Muffin	Chocolate Chip Muffin	Apple Cinnamon Muffin	Assorted Muffins
Entree	Strawberry Pop-Tart	Cinnamon Pop-Tart	Blueberry Pop-Tart	Assorted Pop-Tarts	Assorted Pop-Tarts
Entrée	Trix Cereal Bar	Cocoa Puffs Cereal Bar	Cinnamon Toast Crunch Bar	Golden Grahams Cereal Bar	Assorted Cereal Bar
Extra	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers
Fruit/Juice	Applesauce Cup or 100% Fruit Juice	Apple Slices or 100% Fruit Juice	Applesauce Cup or 100% Fruit Juice	Apple Slices or 100% Fruit Juice	Applesauce Cup or 100% Fruit Juice
Milk	Milk Selection	Milk Selection	Milk Selection	Milk Selection	Milk Selection
	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul
Entree	Blueberry Muffin	Double Chocolate Chip Muffin	Chocolate Chip Muffin	Apple Cinnamon Muffin	Assorted Muffins
Entree	Strawberry Pop-Tart	Cinnamon Pop-Tart	Blueberry Pop-Tart	Assorted Pop-Tarts	Assorted Pop-Tarts
Entrée	Honey Cheerios Cereal	Trix Cereal	Golden Grahams Cereal	Lucky Charms Cereal	Assorted Cereal
Extra	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers
Fruit/Juice	Peach Cups or 100% Apple Juice	Pear Cup or 100% Apple Juice	Peach Cups or 100% Apple Juice	Pear Cup or 100% Apple Juice	Peach Cups or 100% Apple Juice
Milk	Milk Selection	Milk Selection	Milk Selection	Milk Selection	Milk Selection
	27-Jul	28-Jul	29-Jul	7/30/2026 Last day for ESY/Spirit Students	31-Jul
Entree	Chocolate Mini Donut Rings(6)	Powdered Sugar Coated Donut Holes/cup	Chocolate Coated Goody Ring	Assorted Donuts	Assorted Muffins
Entree	Strawberry Pop-Tart	Cinnamon Pop-Tart	Blueberry Pop-Tart	Assorted Pop-Tarts	Assorted Pop-Tarts
Entrée	Honey Cheerios	Froot Loops Cereal	Golden Grahams Cereal	Lucky Charms Cereal	Assorted Cereal
Extra	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers	String Cheese/Graham Crackers
Fruit/Juice	Applesauce Cup or 100% Fruit Juice	Apple Slices or 100% Fruit Juice	100% Fruit Juice	Fruit Cup or 100% Juice	Peach Cups or 100% Apple Juice
Milk	Milk Selection	Milk Selection	Milk Selection	Milk Selection	Milk Selection

This Institute is an equal opportunity



summer



July



