

July 2026 Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>V = vegetarian</i> <i>Vegan = no meat, eggs, or dairy</i>			1 AM: English Muffin, Strawberries <i>V & Vegan: ok</i> PM: Applesauce, Crackers <i>V & Vegan: ok</i>	2 AM: Potatoes O'Brien, Oranges <i>V & Vegan: ok</i> PM: Quesadillas, Apples <i>V: ok</i> <i>Vegan: No Quesadillas</i>	3 LMUCC CLOSED University Holiday Independence Day (Observed)	4
5	6 AM: Cottage Cheese, Blueberries <i>V: ok; Vegan: No Cheese</i> PM: Bow Tie Pasta & Roasted Vegetables Salad with Garbanzo Beans <i>V & Vegan: ok</i>	7 AM: Cheerios, Bananas <i>V & Vegan: ok</i> PM: Tuscan White Bean Dip with Jicama Sticks <i>V & Vegan: ok</i>	8 AM: French Toast, Grapefruit <i>V: ok</i> <i>Vegan: No French Toast</i> PM: Avocado, Pita <i>V & Vegan: ok</i>	9 AM: Scrambled Eggs, Pita <i>V: ok</i> <i>Vegan: No Eggs</i> PM: Pinto Bean & Brown Rice Burritos <i>V & Vegan: ok</i>	10 AM: Cream of Wheat, Watermelon <i>V & Vegan: ok</i> PM: Hard Boiled Eggs, Rolls <i>V: ok</i> <i>Vegan: No Eggs</i>	11
12	13 AM: Shredded Wheat Cereal, Cantaloupe <i>V & Vegan: ok</i> PM: Black Bean Roll Ups, Cucumbers <i>V & Vegan: ok</i>	14 AM: Pancakes, Bananas <i>V: ok</i> <i>Vegan: No Pancakes</i> PM: String Cheese, Crackers <i>V: ok</i> <i>Vegan: No String Cheese</i>	15 AM: Oatmeal, Pears <i>V & Vegan: ok</i> PM: Quesadillas, Apples <i>V: ok</i> <i>Vegan: No Quesadillas</i>	16 AM: English Muffin, Strawberries <i>V & Vegan: ok</i> PM: Quinoa Primavera, Cucumbers <i>V & Vegan: ok</i>	17 AM: Yogurt, Blueberries <i>V: ok</i> <i>Vegan: No Yogurt</i> PM: Pinto Bean & Brown Rice Burritos <i>V & Vegan: ok</i>	18
19	20 AM: Scrambled Eggs, Pita <i>V: ok</i> <i>Vegan: No Eggs</i> PM: Quesadillas, Apples <i>V: ok</i> <i>Vegan: No Quesadillas</i>	21 AM: French Toast, Grapefruit <i>V: ok</i> <i>Vegan: No French Toast</i> PM: Black Bean Roll Ups, Cucumbers <i>V & Vegan: ok</i>	22 AM: Cheerios, Bananas <i>V & Vegan: ok</i> PM: Tuscan White Bean Dip with Jicama Sticks <i>V & Vegan: ok</i>	23 AM: Scrambled Eggs, Pita <i>V: ok</i> <i>Vegan: No Eggs</i> PM: Bow Tie Pasta & Roasted Vegetable Salad with Garbanzo Beans <i>V & Vegan: ok</i>	24 AM: Potatoes O'Brien, Oranges <i>V & Vegan: ok</i> PM: Hummus, Pita <i>V & Vegan: ok</i>	25
26	27 AM: Potatoes O'Brien, Oranges <i>V & Vegan: ok</i> PM: Baked Polenta Cakes with Marinara Sauce <i>V & Vegan: ok</i>	28 AM: English Muffin, Strawberries <i>V & Vegan: ok</i> PM: Applesauce, Crackers <i>V & Vegan: ok</i>	29 AM: Yogurt, Blueberries <i>V: ok</i> <i>Vegan: No Yogurt</i> PM: Hard Boiled Eggs, Rolls <i>V: ok</i> <i>Vegan: No Eggs</i>	30 AM: Pancakes, Bananas <i>V: ok</i> <i>Vegan: No Pancakes</i> PM: Avocado, Pita <i>V & Vegan: ok</i>	31 AM: Oatmeal, Pears <i>V & Vegan: ok</i> PM: String Cheese, Crackers <i>V: ok</i> <i>Vegan: No Cheese</i>	