



Breakfast, snack, and lunch Menu

August 2019

	Monday/5	Tuesday/6	Wednesday/7	Thursday/8	Friday/9
Breakfast	Cereal Apples Milk	Whole wheat toast with cream cheese and milk	Mini Croissants Grapes Milk	Waffles Bananas Milk	Breakfast bars Apples Milk
Morning snack	Graham Crackers String Cheese	Mini Muffins Watermelon	Cheerios Bananas	Fish Crackers Apple Sauce	Yogurt Club Crackers
Lunch	Chicken Tenders Mashed Potatoes Corn Apples Milk	Mesquite Grilled chicken Brown Rice Carrots Pineapple Milk	Grilled Turkey and cheese San. Grapes Kale Salad Peas Milk	Pasta with marinara sauce meatballs Peaches Peppers Green Beans milk	Pita cheese role Black beans Bananas Tomatoes Cucumbers milk
Afternoon snack	Raisin Bread with Butter	Wheat thins Watermelon	Mini bagels with cream cheese	Strawberries Club Crackers	Animal crackers Raisins
	Monday/12	Tuesday/13	Wednesday/14	Thursday/15	Friday/16
Breakfast	Cereal Pineapple Milk	Whole wheat toast with cream cheese and milk	Waffles Bananas Milk	Whole wheat toast with Jam Milk	Cheerios Grapes Milk
Morning Snack	Graham Crackers Bananas	Animal crackers Raisins	Club Crackers String cheese	Wheat thins Bananas	Chex mix Apple sauce
Lunch	Turkey meat balls mashed potatoes Pineapples Green pepper Milk	Grilled chicken and rice green salad peas bananas Milk	Grilled Cheese sandwich Carrots Cucumbers Peach Milk	Mac and Cheese Strawberries Corn Tomatoes Milk	Philly Cheese and chicken role Celery Grapes Green Beans Milk
Afternoon snack	Ritz Crackers with cream cheese	Fish Crackers Apples	Animal crackers Bananas	Veggies straws Strawberries	Mini Muffins with berries

	Monday/ 19	Tuesday/20	Wednesday/21	Thursday/22	Friday/23
Breakfast	Mini croissant Apples Milk	Whole wheat toast with cream cheese Milk	Cereal Strawberries Milk	Whole wheat toast with jam Milk	Waffles Peaches Milk
Morning snack	Wheat thins apples	Animal crackers yogurt	Fish crackers Bananas	Graham crackers applesauce	Chex mix apples
Lunch	Sloppy joes Peas cucumbers Pineapples Milk	Lentil and rice green salad peppers apples milk	Grilled turkey and cheese san green beans cucumbers strawberries Milk	Pasta with chicken and Alfredo sauce Grapes Peas Peppers Milk	Four cheese ravioli corn celery peaches milk
Afternoon snack	Ritz crackers string cheese	Raisin bread with butter	Veggie straws bananas	Club crackers watermelon	Club crackers apples
	Monday/ 26	Tuesday/27	Wednesday/28	Thursday/29	Friday/ 30
Breakfast	Breakfast bars Pineapples milk	Whole wheat toast with jam Milk	Cereal Peaches Milk	Whole wheat toast with cream cheese Milk	Waffles apples Milk
Morning snack	String cheese Ritz crackers	Chex mix Bananas	Mini Bagel with cream cheese	Raisin bread with butter	Graham crackers applesauce
Lunch	Cheese pizza roll up Peas Pineapples Tomatoes Milk	Grilled chicken with brown rice Bananas Carrots Peppers Milk	Grilled Cheese sandwich Strawberries Peaches Green salad Milk	Spaghetti and turkey meat balls Apples Corn Milk	Bean and cheese burritos Celery Green Beans Grapes Milk
Afternoon Snack	Yogurt Animal crackers	Mini Muffins with berries	Fish crackers Applesauce	Raisin bread with butter	Veggie straws apples

