

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
August 1-5 Breakfast	Kix Cereal, bananas & Milk	Bagels, cream cheese, applesauce & milk	French Toast Sticks, mandarin oranges & milk	Nutra Grain Bars, peaches & milk	Whole grain waffles, cantaloupe & milk
Lunch	Grilled Cheese Sandwich on whole wheat bread, cucumbers & carrots, sweet potatoes, Milk	Chicken Alfredo, mixed vegetables, garlic bread & milk V: Plain Alfredo	Whole grain rice, black beans, whole grain bread, broccoli, pears, & milk	Chicken nuggets, mashed potatoes, corn, whole wheat bread & milk V: Veggie Nuggets	Pizza on whole grain English muffin, green beans, peas & carrots, pineapples & milk
Snack	Veggie Straws Water	Blueberry Muffins & water	Pretzels & water	Goldfish, bananas & water	Hummus, Pita Bread & water
August 8-12 Breakfast	Whole grain cheerios, bananas & milk	Oatmeal, Peaches & Milk	Whole grain pancakes, pears & milk	Nutra grain bars, honeydew melon & milk	Biscuits with fruit spread, applesauce & milk
Lunch	Whole wheat Spaghetti, red sauce, veggie meatballs, garlic bread, broccoli & milk	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: cheese sandwich	Taco bake with veggie crumbles, lettuce, tomato, whole grain rice, peaches & milk	Chicken Patty on whole wheat bun, mashed potatoes, bananas & milk V: Veggie Patty	Fish sticks, tater tots, whole grain bread, peas & carrots, mixed fresh fruit & milk
Snack	Yogurt, Strawberries & water	Veggie straws & water	Animal crackers & water	Pretzels & water	Goldfish & water

V: Vegetarian Option

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
August 15-19					
Breakfast	Kix Cereal, Bananas & Milk	Whole Grain Pancakes, Strawberries & Milk	Nutra grain bars, pears & milk	French toast sticks, oranges & milk	Toasted bagel with cream cheese, strawberries & Milk
Lunch	Grilled cheese on whole grain bread, corn, applesauce & Milk V: Veggie Nuggets	Cheese Ravioli, Green Beans, Garlic Bread, mandarin oranges & Milk	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: Cheese Sandwich	Vegetarian beans, broccoli, pears, whole grain bread & Milk	Chicken Patty on a Whole Grain bun, tater tots, peaches & Milk V: Veggie Patty
Snack	Veggie Straws & Water	Yogurt & Water	Graham Crackers & Water	Pretzels & water	Goldfish & water

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
August 22-26					
Breakfast	CLOSED	Whole Grain Cheerios, bananas & milk	Nutra grain bars, pears & milk	Whole Grain Waffles, Strawberries & Milk	French toast sticks, oranges & milk
Lunch		Chicken quesadilla with tomatoes and lettuce, applesauce & milk V: Cheese Quesadilla	Fish sticks, tater tots, whole grain bread, pineapples, milk V: Veggie Nuggets	Whole grain rice, black beans, corn and salsa, breadsticks, peaches and milk	Chicken nuggets, peas & carrots, cantaloupe, whole grain bread & milk V: Veggie Nuggets
Snack		Animal crackers, water	Veggie Straws & Water	Blueberry muffins & water	Pita Bread, Hummus, & Water

V: Vegetarian Option

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
August 29-31					
Breakfast	Kix cereal, bananas, and milk	Bagels, cream cheese, strawberries & milk	Nutra grain bars, oranges & milk		
Lunch	Grilled Cheese on whole grain bread, mandarin oranges, broccoli, and milk	Tater tot taco bake, (veggie crumbles, cheese, and corn), green beans, and milk	Chicken patty on whole grain bun, peas & carrots, blueberries, and milk V: Veggie nuggets		
Snack	Goldfish and water	Animal crackers, strawberries, and water	Veggie Straws & Water		

V: Vegetarian Option