

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
August 5-9 Breakfast	Cheerios, 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, mixed vegetables, tater tots, Milk	Chicken Alfredo, mixed vegetables, garlic bread & milk V: Plain Alfredo	Yellow rice, black beans, whole grain bread, 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 12-16 Breakfast	Whole grain cheerios, bananas & milk	Whole grain pancakes, pears & milk	Cheese Toast, Peaches & Milk	Nutra grain bars, honeydew melon & milk	CLOSED PROFESSIONAL DEVLEOPMENT DAY
Lunch	Sun butter and jelly on whole grain bread, peas & carrots, mixed fresh fruit & milk	Spaghetti with veggie meat crumbles, Italian bread, broccoli & milk	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: cheese sandwich	Chicken Patty on whole wheat bun, mashed potatoes, bananas & milk V: Veggie Patty	
Snack	Animal Crackers & Water	Yogurt, Strawberries & water	Veggie straws & water	Pretzels & water	

V: Vegetarian Option

August 19-23 Breakfast	Cheerios, 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, green beans, applesauce & Milk	Chicken nuggets, tater tots, mixed vegetables, mixed fruit & Milk V: Veggie Patty	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: Cheese Sandwich	Vegetarian beans, broccoli, pears, whole grain bread & Milk	Cheese Ravioli, corn, Garlic Bread, mandarin oranges & Milk
Snack	Veggie Straws & Water	Yogurt & Water	Graham Crackers & Water	Pretzels & water	Goldfish & water

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
August 26-30 Breakfast	Cheerios, bananas & milk	Waffles, strawberries & milk	French toast sticks, pears & milk	Cheese toast, apples, & milk	Biscuits with fruit spread, applesauce & milk
Lunch	Chicken nuggets, mashed potatoes, mixed vegetable & milk V: Veggie nuggets	Spaghetti with veggie meatballs, red sauce, garlic bread, peas & carrots, milk	Vegetarian beans, broccoli, pears, whole grain bread & Milk Pretzels & water	Sun butter and jelly on whole grain bread, corn, strawberries & milk Blueberry Muffins & water	Cheese Pizza, green beans, pineapple & milk Goldfish & water
Snack	Veggie Straws & water	Goldfish & water			

V: Vegetarian Option