

August 2018 main menu

Toddler substitution in ()

Breakfast and Lunch: Whole milk 2yrs-younger, 2% 3's & 4's

Fruit Selections: Grapes, Apples, Oranges, (bananas, berries, melon

Juice Selections: Apple Grape orange

* wg whole grain

ants on log/ raft: celery or grams with cream cheese and raisins(banana) Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			1. Rice Krispies/milk	2 oatmeal/fruit/milk	3. Raisin Bread/Milk
Lunch			Chicken Tenders peas Fresh Fruit	Ham & Cheese on Wheat Baked Beans Fresh Fruit	Sesame Chicken & Noodles Cooked Broccoli Fresh Fruit
PM Snack			Animal crackers/Juice	Cheese & Crackers/water	Chex Mix/juice
Breakfast	6. Berry Kix w/pears	7. Peaches/grams milk	8. wg cereal/banana/milk	9. Yoghurt /cheerios/milk	10. oranges/milk
Lunch	Sloppy Joes/Wheat buns roasted potatoes Fresh Fruit	Chili w/crackers Roasted Corn Fresh Fruit	Chicken Patty/Wheat buns Carrots Cooked Peas	Mac and cheese Peas Fresh Fruit	Spaghetti w/meatballs Cooked Broccoli Fresh Fruit
PM Snack	chips/salsa/water	Ants on a log/raft/juice	Cheese-its/juice	cheese cubes/pretzels/water	Junior raisin mix/juice
Breakfast	13. Biscuit w/butter/milk	14. Waffles/milk	15. Cheerios/milk	16. Cinnamon Oatmeal/milk	17 cinnamon rolls/milk
Lunch	hamburger on bun baked beans fresh fruit	chicken alfredo Cooked Carrot Fresh Fruit	Chicken Tenders roasted potatoes Fresh Fruit	cheese pizza cooked broccoli Fresh Fruit	chicken and noodles roasted corn Fresh Fruit
PM Snack	Carrots & dip/juice	cheese stick/wg oyster cracker	Goldfish/juice	Banana butterfly/water	Cheesy chex mix/Juice
Breakfast	20. Apple square/water	21. Pancakes/milk	22. Rice Squares cereal	23. Yoghurt/fruit/milk	24. Cinnamon toast/fruit
Lunch	turkey wraps green beans Fresh Fruit	chicken tenders broccoli Fresh Fruit	chicken alfredo Carrots Fresh Fruit	sloppy joes/wheatbun roasted potatoes Fresh Fruit	lasagna w/ meat corn/ (green beans) Fresh Fruit
PM Snack	cottage cheese/crackers	Cucumber/crackers/water	Vanilla wafers/juice	Wheat thins/ juice	biscuits & cheddar cheese, water
Breakfast	27.english muffins/grapes	28. pancake/berries	29. bran flakes/banana	30. oatmeal/fruit/milk	31. apples and grain bars
Lunch	spaghetti/meatballs broccoli Fresh Fruit	chicken fajitas carrot Fresh Fruit	cheese pizza peas Fresh Fruit	chicken pot pie roasted potatoes Fresh Fruit	beef tacos/cheese/lettuce refried beans Fresh Fruit
PM Snack	cheesestick/juice	cucumber/crackers/water	Animal crackers/Juice	fig bars/ juice	chex Mix/juice
Breakfast					
Lunch					

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PM Snack