

August 2019 main menu

Toddler substitution in ()

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

Fruit Selections: Grapes, Apples, Oranges, bananas, pears berries, melons _____ 100% Juice Selections: Apple Grape orange

* wg whole grain

fish in the river : celery(pepper)/ cream cheese/golfish Banana butterfly: banana w/ pretzels (gram)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|--|---|--|
| Breakfast | | | | 1 gram/ banana/milk | 2. toast and jelly/milk |
| Lunch | | | | sloppy joes roasted potatoes fruit | Lasagna w/meat corn (green beans) fruit |
| PM Snack | | | | apples(applesauce)/pretzels | goldfish/ juice |
| Breakfast | 5. wg mini bagels/milk | 6 yogurt fruit parfait/milk | 7. rice Krispies/banana milk | 8. oatmeal/berries/milk | 9. raisin bread/milk |
| Lunch | sloppy joes/wg bun roasted potatoes fruit | hamburger chili/ crackers roasted corn/ peas Fresh Fruit | chicken patty/ wg bun carrots fruit | mac and cheese peas Fruit | spaghetti & meatballs cooked broccoli Fruit |
| PM Snack | Pretzels/juice | carrots/ dip/ juice | animal crackers/juice | cheese & wg ritz crackers | chex mix/ juice |
| Breakfast | 12.applesauce/grams/milk | 13. waffles and milk | 14. chex cereal/banana/milk | 15.english muffins/milk | 16 oranges/kix/milk |
| Lunch | spaghetti/meatballs broccoli fruit | chicken Fjitas cooked carrots Fruit | cheese pizza cooked peas Fruit | chicken tenders roasted potatoes Fruit | beef tacos refried beans Fruit |
| PM Snack | cheesestick/wg crackers | cucumber coins/ wg club crackers | cheese-its/juice | tortilla chips/ salsa | junior raisin mix/ juice |
| Breakfast | 19.pears/grams/milk | 20.cinnamon toast/milk | 21.cheerios/banana/milk | 22.cinnamon oatmeal/milk | 23. apple squares/milk |
| Lunch | meatloaf red potatoes/rolls Fruit | beef and noodles cooked carrots Fruit | chicken tenders peas Fruit | ham and cheese on wheat baked beans fruit | sesame chicken & noodles cooked broccoli fruit |
| PM Snack | wheat thins/ juice | fish in the river | goldfish/ juice | tortilla chips/salsa/ juice | cheesy chex mix/ juice |
| Breakfast | 26. Peaches/berry kix | 27. wg pancakes/milk | 28. branflakes/banana/milk | 29. biscuit/apple butter/milk | 30. cinnamon rolls/milk |
| Lunch | sloppy joes/wg bun roasted potatoes mixed fruit | chili/crackers roasted corn/ peas fruit | chicken patty/ wg bun cooked carrots fruit | mac and cheese peas fruit | spaghetti & meatballs cooked broccoli fresh fruit5 |
| PM Snack | pita chips/dips/juice | pepper slices/oyster crackers | oranges/ triscuits | ortilla chips/cheese sauce/ juice | apples/ wg ritz |
| Breakfast | | | | | |
| Lunch | | | | | |

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PM Snack