

# August 2022 Children's House 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
<b>Breakfast</b>	1. bagels/cream cheese/milk	2. yogurt parfait/milk	3. rice krispie cereal/milk	4. oatmeal/milk	5. raisin bread/milk
<b>Lunch</b>	penne alfredo cucumber slices fresh fruit	sloppy joes green beans fresh fruit	Teriyaki turkey meatballs rice/roasted cauliflower fresh fruit	veggie chilli cornbread/carrots fresh fruit	oatmeal pancakes yogurt tater tots fresh fruit
<b>PM Snack</b>	pretzels/juice	carrots/dip/juice	animal crackers/Juice	grape tomatoes/club crackers	chex mix/ juice
<b>Breakfast</b>	8. toast/jelly/butter/milk	9. waffles/milk	10. cherrios/milk	11. fruit bars/banana/milk	12. applesauce/grams/milk
<b>Lunch</b>	cheese Lasagna green beans fresh fruit	turkey/cheese wrap broccoli Fresh Fruit	beef tacos glazed carrots fresh fruit	chicken nuggets mashed potatoes fresh fruit	cheese pizza cucumber slices fresh fruit
<b>PM Snack</b>	tortilla chips/cheese	cheese and crackers	cheese-its /Juice	pepper slices/club crackers	Junior mix/ Juice
<b>Breakfast</b>	15. english muffins/milk	16. yogurt parfait/milk	17. cinnamon toast crunch/milk	18. Oatmeal/milk	19. biscuits/jelly/butter/milk
<b>Lunch</b>	mac and cheese broccoli fresh fruit	Vegetable beef soup pita bread fresh fruit	chicken and vegetable curry broccoli fresh Fruit	hamburger sliders peas fresh Fruit	ham and cheese friatta biscuit tater tots fresh fruit
<b>PM Snack</b>	wheat thins/Juice	grapes and crackers	goldfish/ juice	pita chips/juice	Junior mix/ Juice
<b>Breakfast</b>	22. toast cinnamon/milk	23. panackes/buttter/milk	24. kix cereal / milk	25. banana/grams/ milk	26. wg cereal
<b>Lunch</b>	spaghetti w/ meat sauce broccoli fresh fruit	ham sandwich baked beans/cucumbers Fresh Fruit	cheese quesadilla gkazed carrots fresh fruit	chicken nuggets mashed potatoes fresh fruit	cheese pizza cucumber slices fresh fruit
<b>PM Snack</b>	cucumber slices/crackers	chips and salsa	Vanilla wafers/juice	triscuits/cheese	cheesestick/pretzels
<b>Breakfast</b>	29. cinnamon oatmeal/milk	30. french toast sticks/milk	31. chex cereal/milk		
<b>Lunch</b>	mac and cheese peas and corn fresh fruit	grilled cheese sandwich tomato soup Fresh Fruit	chicken fried rice broccoli fresh fruit		
<b>PM Snack</b>	ritz thins/juice	oranges/crackers	apples/cheese cubes		
<b>Breakfast</b>					
<b>Lunch</b>					