

August-2020

Breakfast: 1-2 3-5 6-12
 Milk 1/2 c 3/4 c 1 c
 Fruit, Veg or both 1/4 c 1/2 c 1/2 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Dry Cereal 1 oz
 Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
 *Select 2 of the 5 components

Lunch: 1-2 3-5 6-12
 Milk 1/2 c 3/4 c 1 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Pasta/Noodles 1/4 c
 Fruit 1/8 c 1/4 c 1/4 c
 Vegetables 1/8 c 1/8 c 1/2 c
 Meat/Meat Alt. 1 oz. 1.5 oz. 2 oz.

PM Snack: 1-2 3-5 6-12
 Milk 1/2 c 1/2 c 1 c
 Fruit 1/2 c 1/2 c 1/2 c
 Vegetable 1/2 c 1/2 c 3/4 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
 *Select 2 of the 5 components

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
BR - Muffins/Apples/Milk	BR - Cinnamon Life Cereal/Strawberries/Milk	BR - Pancakes/Blueberries/Milk	BR - WW Toast with Butter/Bananas/Milk	BR - Chocolate Cheerios/Oranges/Milk
LN - Turkey and Cheese on WW/Pears/Green Beans/Milk	LN - Chicken Patties on WW Bun/Mandarin Oranges/Carrots/Milk	LN - Steuffers Mac N Cheese/Hot Dog on WW/Carrots/Applesauce/Milk	LN - PBJ on WW/PeAches/Corn/Peaches/Milk	LN - Mini Meatballs/Celery/WW bread/Fruit Cocktail/Milk
SN - Graham Crackers/Milk	SN - Buttery Rounds/Cheese Sticks/Milk	SN - Pretzels/Milk	SN - Cheez Itz/Milk	SN - Animal Crackers/Milk
10	11	12	13	14
BR - Muffins/Oranges/Milk	BR - Toast with Butter/Apples/Milk	BR - Bagels with Cream Cheese/Strawberries/Milk	BR - WG Waffles/Apples/Milk	BR - Cinnamon Chex Cereal/Blueberries/Milk
LN - PB&J wraps/Bananas/Cucumbers/Milk	LN - Ham and Cheese on WW/Cucumbers/Peaches/Milk	LN - Roast Beef and Cheese Pinwheels/Pears/Green Peppers/Milk	LN - Turkey and Cheese on WW/Pineapple/Carrots/Milk	LN - Grilled Cheese on WW/Salad/Pineapple/Milk
SN - Pretzels/Pickles/Milk	SN - Graham Crackers/Milk	SN - Goldfish/Milk	SN - Animal Crackers/Milk	SN - Buttery Round Crackers/Milk
17	18	19	20	21
BR - Muffins/Apples/Milk	BR - Life Cereal/Blueberries/Milk	BR - Bagels with Cream Cheese/Strawberries/Milk	BR - Muffins/Bananas/Milk	BR - Chocolate Cheerios/Oranges/Milk
LN - Chicken Quesadillas/Salad/Pineapple	LN - Tacos/Salad/Pineapple/Milk	LN - PBJ on WW/Carrots/Fruit Cocktail/Milk	LN - Hot Dog on WW/Pears/Green Beans/Milk	LN - Turkey and Cheese on WW/Celery/Peaches/Milk
SN - Graham Crackers/Milk	SN - Goldfish/Milk	SN - PB Crackers/Milk	SN - Buttery Round Cackers/Milk	SN - Pretzels/Milk
24	25	26	27	28
BR - Muffins/Milk	BR - French Toast Sticks/Apples/Milk	BR - Berry Cheerios/Blueberries/Milk	BR - WG Waffles/Oranges/Milk	BR - Toast/Strawberries/Milk
LN - Roast Beef and Cheese on WW/Green Beans/Fruit Cocktail/Milk	LN - Ham and Cheese Pinwheels/Cucumbers/Peaches/Milk	LN - PB Banana Roll ups/Green Pepper/Mandarin Oranges/Carrots/Milk	LN - Turkey and Cheese on WW/Celery/Pineapple/Milk	LN - Roast Beef and Cheese Pinwheels/Corn/Pears/Milk
SN - Graham Crackers/Milk	SN - Goldfish/Milk	SN - Pretzels/Milk	SN - Chips/Salsa/Milk	SN - Jello Cups/String Cheese/Milk
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BR - Muffins/Oranges/Milk	BR -	BR -	BR -	BR -
LN - Chicken Quesadillas/Salad/Pineapple	LN -	LN -	LN -	LN -
SN - Pretzels/Milk	SN -	SN -	SN -	SN -

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months
 Skim Milk = Children over 24 months
 WG = Whole Grain / WW = Whole Wheat