

 Breakfast & Snack - August, 2019

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|  |  |  | 8/1Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 8/2+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 8/5+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 8/6+Blueberry bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Cherry/vanilla yogurt | 8/7+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 8/8Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 8/9+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 8/12+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 8/13+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 8/14+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 8/15Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 8/16+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 8/19+Rice ChexFresh fruit ~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 8/20+Blueberry bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Peach yogurt | 8/21+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 8/22Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 8/23+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 8/26+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 8/27+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 8/28+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 8/29Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 8/30+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |

+ Whole grain



 Lunch – August, 2019

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| *~This menu is designed for children age 12+ months*  | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.**This institution is an equal opportunity provider* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* | 8/1Black bean, corn, & chicken quesadilla+With whole wheat tortilla Green BeansFresh fruit  | 8/2\*LasagnaTossed saladFresh fruit  |
| 8/5+Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Tossed saladFresh fruit  | 8/6Chicken chili Broccoli & cheese salad+Whole wheat bread/butter Fresh fruit  | 8/7\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 8/8Hamburger sliderBean medley+Whole wheat roll Fresh fruit  | 8/9BBQ chicken legCalifornia blend vegetables +Whole wheat bread/butter Fresh fruit |
| 8/12Turkey sloppy joe Corn & edamame+Whole wheat roll Fresh fruit  | 8/13+\*Whole grain cheese melt Tomato alphabet soup Fresh fruit  | 8/14Shepherd’s PiePineapple/mango cole slaw+Whole wheat bread/butterFresh fruit | 8/15Maryland-style chickenSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 8/16+\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 8/19+Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit | 8/20+\*Whole grain pizzaGarden saladFresh fruit  | 8/21Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit  | 8/22\*Spinach manicotti Winter blend vegetables+Whole wheat bread/butterFresh fruit | 8/23\*Beans & Brown riceTossed salad+Tortilla Fresh fruit |
| 8/26Chicken Alfredo with tri-color pastaSaladFresh fruit  | 8/27\*Quiche Peas +Whole wheat bread/butterFresh fruit  | 8/28+Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 8/29Chicken leg w/ buttermilk gravyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 8/30+Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |

\*Vegetarian meal

+Whole grain



 Vegetarian lunch – August, 2019

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|  |  |  | 8/1Black bean, corn, & cheese quesadilla+With whole wheat tortilla Green beansFresh fruit  | 8/2LasagnaTossed saladFresh fruit  |
| 8/5^Teriyaki pattyGrated cheese Tossed saladFresh fruit  | 8/6#^Vegetarian chiliBroccoli & cheese salad +Whole wheat bread/butter Fresh fruit | 8/7Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 8/8GardenburgerBean medley+Whole wheat roll Fresh fruit  | 8/9Quinoa, couscous, and parmesanCalifornia blend vegetables +Whole wheat bread/butter Fresh fruit |
| 8/12 #^Vegetarian sloppy joe Corn & edamame+Whole wheat roll Fresh fruit | 8/13+Whole grain cheese melt Tomato alphabet soup Fresh fruit  | 8/14#^PicadilloPineapple/Mango Coleslaw+Whole wheat bread/butterFresh fruit | 8/15+#Broccoli & cheddar quinoa w/brown riceSugar snaps & carrots +Whole wheat bread/butter Fresh fruit  | 8/16+Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 8/19Cheese tortellini w/olive oil & basilGrated cheese Spinach salad Fresh fruit | 8/20+Whole wheat pizzaGarden saladFresh fruit  | 8/21Veggie nuggetsPotato soup +Whole wheat bread/butter Fresh fruit  | 8/22Spinach manicottiCarrots+Whole wheat bread/butterFresh fruit  | 8/23+#^Beans & Brown riceTossed saladTortilla Fresh fruit  |
| 8/26Tri-color pasta alfredoSaladFresh fruit | 8/27Quiche – plain or broccoliPeas+Whole wheat bread /butter Fresh fruit  | 8/28+#^Lentil penne & tomato sauce w/ soyGrated cheese Spinach saladFresh fruit  | 8/29Chix pattyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 8/30+^Black bean and brown rice burrito w/whole wheat tortillaCorn Grated cheese Fresh fruit  |

 +Whole grain

 # Entrée is Gluten Free

 ^ Entrée is Vegan