

Breakfast & Snack - August, 2019

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|  |  |  | 8/1  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 8/2  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 8/5  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 8/6  +Blueberry bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Cherry/vanilla yogurt | 8/7  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 8/8  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 8/9  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 8/12  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 8/13  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 8/14  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 8/15  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 8/16  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 8/19  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 8/20  +Blueberry bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Peach yogurt | 8/21  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 8/22  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 8/23  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 8/26  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 8/27  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 8/28  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 8/29  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 8/30  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese 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* | 8/1  Black bean, corn, & chicken quesadilla  +With whole wheat tortilla  Green Beans  Fresh fruit | 8/2  \*Lasagna  Tossed salad  Fresh fruit |
| 8/5  +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Tossed salad  Fresh fruit | 8/6  Chicken chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 8/7  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 8/8  Hamburger slider  Bean medley  +Whole wheat roll  Fresh fruit | 8/9  BBQ chicken leg  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 8/12  Turkey sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 8/13  +\*Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 8/14  Shepherd’s Pie  Pineapple/mango cole slaw  +Whole wheat bread/butter  Fresh fruit | 8/15  Maryland-style chicken  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 8/16  +\*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 8/19  +Whole wheat Turk-a-roni  Grated cheese  Southwest salad  Fresh fruit | 8/20  +\*Whole grain pizza  Garden salad  Fresh fruit | 8/21  Chicken nuggets  Potato soup  + Whole wheat bread/butter  Fresh fruit | 8/22  \*Spinach manicotti  Winter blend vegetables  +Whole wheat bread/butter  Fresh fruit | 8/23  \*Beans & Brown rice  Tossed salad  +Tortilla  Fresh fruit |
| 8/26  Chicken Alfredo with tri-color pasta  Salad  Fresh fruit | 8/27  \*Quiche  Peas  +Whole wheat bread/butter  Fresh fruit | 8/28  +Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 8/29  Chicken leg w/ buttermilk gravy  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 8/30  +Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |

\*Vegetarian meal

+Whole grain



Vegetarian lunch – August, 2019

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|  |  |  | 8/1  Black bean, corn, & cheese quesadilla  +With whole wheat tortilla  Green beans  Fresh fruit | 8/2  Lasagna  Tossed salad  Fresh fruit |
| 8/5  ^Teriyaki patty  Grated cheese  Tossed salad  Fresh fruit | 8/6  #^Vegetarian chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 8/7  Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 8/8  Gardenburger  Bean medley  +Whole wheat roll  Fresh fruit | 8/9  Quinoa, couscous, and parmesan  California 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  #^Picadillo  Pineapple/Mango Coleslaw  +Whole wheat bread/butter  Fresh fruit | 8/15  +#Broccoli & cheddar quinoa w/brown rice  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 8/16  +Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 8/19  Cheese tortellini w/olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 8/20  +Whole wheat pizza  Garden salad  Fresh fruit | 8/21  Veggie nuggets  Potato soup  +Whole wheat bread/butter  Fresh fruit | 8/22  Spinach manicotti  Carrots  +Whole wheat bread/butter  Fresh fruit | 8/23  +#^Beans & Brown rice  Tossed salad  Tortilla  Fresh fruit |
| 8/26  Tri-color pasta alfredo  Salad  Fresh fruit | 8/27  Quiche – plain or broccoli  Peas  +Whole wheat bread /butter  Fresh fruit | 8/28  +#^Lentil penne & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 8/29  Chix patty  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 8/30  +^Black bean and brown rice burrito w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan