



August 2022



Breakfast & snack



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 1 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 2 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt | 3 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 4 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 5 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 8 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 9 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 10 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 11 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 12 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 15 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 16 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt | 17 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 18 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 19 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 22 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 23 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 24 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 25 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 26 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 29 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 30 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt | 31 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | | <i>Age-appropriate milk must be served with breakfast</i> |

+Whole grain



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Lunch



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 1 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit | 2 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 3 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit | 4 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit | 5 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 8 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 9 (V) Whole grain pizza* Garden salad Fresh fruit | 10 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit | 11 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit | 12 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit |
| 15 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 16 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit | 17 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 18 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit | 19 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |
| 22 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit | 23 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 24 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit | 25 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 26 (V) Lasagna Tossed salad Fresh fruit |
| 29 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 30 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 31 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | <i>Age-appropriate milk must be served with lunch</i> | |
| <i>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</i> | | | | |

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan