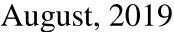


## Breakfast & Snack August, 2019







			<i>O</i> /	
			8/1 Rice Crispies Fresh fruit	8/2 +Apple oatmeal
			+Whole wheat pita pizza with Cheese	+Soft breadsticks Cheese cubes
8/5	8/6	8/7	8/8	8/9
+Rice Chex	Cinnamon bagel w/butter	+Kix	Bran muffin	+Blueberry-peach oatmeal
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	
Graham cracker	Saltines	Flatbread	Diced pears	Whole wheat pita bread
Diced peaches	Cherry/vanilla yogurt	Sliced cheddar	Cereal snack mix	Cucumber slices
8/12	8/13	8/14	8/15	8/16
+Whole wheat flakes	+Wheat bagel w/cream cheese	+Cheerios	Rice Crispies	+Apple oatmeal
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
Wheat thins	Vanilla yogurt with	Soft pretzel	+Whole wheat pita pizza with	+Soft breadsticks
String cheese	Granola	Applesauce	Cheese	Cheese cubes
8/19	8/20	8/21	8/22	8/23
+Rice Chex	Cinnamon bagel w/butter	+Kix	Bran muffin	+Blueberry-peach oatmeal
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	
Graham cracker	Saltines	Flatbread	Diced pears	Whole wheat pita bread
Diced peaches	Peach yogurt	Sliced cheddar	Cereal snack mix	Cucumber slices
8/26	8/27	8/28	8/29	8/30
+Whole wheat flakes	+Wheat bagel w/cream cheese	+Cheerios	Rice Crispies	+Apple oatmeal
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	
Wheat thins	Vanilla yogurt with	Soft pretzel	+Whole wheat pita pizza with	+Soft breadsticks
String cheese	Granola	Applesauce	Cheese	Cheese cubes

<sup>+</sup> Whole grain



## Lunch



## August, 2019



~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  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

<sup>\*</sup>Vegetarian meal +Whole grain









			8/1 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	8/2 Lasagna Tossed salad Fresh fruit
8/5	8/6	8/7	8/8	8/9
^Teriyaki patty Grated cheese Tossed salad Fresh fruit	#^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	Gardenburger Bean medley +Whole wheat roll Fresh fruit	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

<sup>+</sup>Whole grain # Entrée is Gluten Free

<sup>^</sup> Entrée is Vegan