AUGUST

	Monday		Tuesday		Wednesday		Thursday		Friday	
		5		6		7		8		9
AM Snack Lunch	Tropical Rice Pudding, Fruit(GF,VEG,V)		Banana Bread & Fruit Bean & Cheese Quesadilla (VEG)		Graham Crackers, Fruit Chicken Tenders		Banana Cocoa Oat Cookie,Fruit Cheesy Rice Bake w/ Turkey (GF)		Blueberry Banana Oat Muffin & Fruit Pasta Primavera w/ Marinara & Black Beans	
Lanon	Roasted Red Pepper									
PM Snack	Hummus & Pita		Yogurt & Fruit		Cheese cubes & Veggies		Zucchini bread & Fruit		Cheese Roll-up (VEG)	
		12		13		14		15		16
AM Snack	Cornbread & Fruit		Cinnamon Swirl Pancakes w/ Fruit		Cinnamon Rice Pudding, Fruit		Flourless Sweet Potato Muffin & Fruit		Oat Crackers (Lemon Pepper), Cheese Cubes	
Lunch	Chicken Fajitas w Flour Tortilla		Mac & Cheese (VEG)		BBQ Chicken Sandwich		Greek Falafel w/ Pita & Cucumber Yogurt Sauce		Cajun Rice & Beans w/ Turkey (GF)	
PM Snack	Parm Potato Wedges, Cheese		Sweet Potato Chips & Fruit		Oat Crackers (Curry) & Fruit		Carrot Bread & Applesauce		Cocoa Bread, Fruit(GF, VEG, V)
		19		20		21		22		23
AM Snack	Zucchini Bread & Fruit		Yogurt & Fruit		Sw. Potato Granola Bar, Fruit		Banana Pancakes, Fruit		Cereal Protein Bar & Fruit	
Lunch	Chicken Alfredo		Cheese Pizza (VEG)		Chicken Stir-Fry (GF)		Baked Mostaccioli w/ Turkey		Cheesy Rice Bake w/ Beef (GF)	
PM Snack	Beet Hummus, Pita		Oat Crackers (Curry) & Fruit		Cheese Roll-up (VEG)		Blueberry Bread, Applesauce		Ban. Cocoa Oat Cookie, Fruit	
		26		27		28		29		30
AM Snack	Cocoa Bread,Fruit (GF, VEG, V)		Cornbread & Fruit		Tropical Rice Pudding,Fruit (GF VEG, V)		Oat Crackers (Cinnamon & Sugar) & Fruit		Yogurt & Fruit	
Lunch	Mac & Cheese (VEG)		Chicken Taco		Sloppy Joes w/ Turkey		Chicken Teriyaki w/ Rice (GF)		Mexican Lasagna w/ Beef (GF)	
PM Snack	Cin Swt PotatoChips,Fruit		Creamy Spinach Dip & Pita		Carrot Bread & Applesauce		Parm Potato Wedge, Cheese		Chickpea Medley,Pita(VEG,V))
		2								
AM Snack Lunch	LABOR DAY SCHOOL CLOSED									
PM Snack										
	GF = Gluten Free		Beyond Green Sustainab	le Fo	od Partners				howard	
	DF = Dairy Free		1103 W. Grand Ave., Chic	ago,	IL 60642				beyond	-
	V = Vegan		(312) 275-6801	-			Bright Horizons	ТМ	N green	
	VEG = Vegetarian		2% Milk Served		Fresh Fruit & Veg Dai	ly	Early Education & Preschoo		O sustainable food partners	5

