



August 2015 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	3 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	4 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	5 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	6 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	7 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk
AM Snack	Tapioca Pudding and Low Fat Vanilla Wafers	Nutrigrain Fruit Bars & 100% Juice	Natural Applesauce and Graham Crackers	Low Fat 1% Organic Milk Cottage Cheese and Diced Pineapple in Natural Juices	Fresh Cubed Melon and 2% Cheddar Cheese Cubes
Lunch	Chicken Quesadilla (Diced Chicken, Salsa, Low Fat Sour Cream and Mild Shredded Cheddar Cheese), Steamed Broccoli, Peaches in Natural Juices, 1% Organic Milk. Vegetarian: Cheese Quesadilla	Cheeseburger on Whole Wheat Bun and Tator Tots, Steamed Green Beans, Mandarin Oranges in Natural Juices, 1% Organic Milk. Vegetarian: Veggie Burger	Cheese Ravioli with Tomato Basil Marinara Sauce, Fresh Steamed Carrots, Pears in Natural Juices, 1% Organic Milk	Oven Baked Fish Sticks and Sweet Potato Fries, Steamed California Blend Vegetables, Tropical Fruit in Natural Juices, 1% Organic Milk. Vegetarian: Vegetarian Nuggets	Grilled Cheese Sandwiches on Whole Wheat Bread with Veggie Straws, Steamed Peas, Fruit Cocktail in Natural Juices, 1% Organic Milk
PM Snack	Fresh Organic Apples and Soy Butter. Infant/Toddler: Natural Applesauce with Gram Crackers	Whole Wheat Soft Pretzel Bites with Honey Mustard Dressing	Fresh Carrots and Kraft Buttermilk Ranch Dressing. Infant/Toddler Steamed Carrots	Homemade Fresh Blueberry Muffins, 1% Organic Milk	Terra Chips and 100% Juice. Infant/Toddler: Fresh Peaches with Graham Crackers
Breakfast	10 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	11 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	12 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	13 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	14 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk
AM Snack	Mini Bagels and Whipped Low Fat Cream Cheese	Fresh Sliced Oranges and Whole Grain Cheerios. Infant/Toddler Mandarin Oranges	Nutrigrain Fruit Bars & 100% Natural Juice	Fresh Bananas and Animal Crackers	Fruit and Yogurt Parfait (Low Fat Yoplait Vanilla Bean Yogurt, Fresh Fruit, & Natural Granola or Gram Crackers)
Lunch	Turkey Meatball Sandwich on Whole Wheat Bun, Steamed Green Beans, Mandarin Oranges in Natural Juices, 1% Organic Milk. Vegetarian: Vegetarian Meatballs	Polish Sausage on a Whole Wheat Bun, Steamed Peas, Pears in Natural Juices, 1% Organic Milk. Vegetarian/Infant/Toddler: Grilled Cheese on Whole Wheat Bread	Mini Corn Dogs and Tater Tots, Steamed Broccoli, Pineapple in Natural Juices, 1% Organic Milk. Vegetarian: Vegetarian Nuggets	Personal Pizza - Turkey Pepperoni, Pizza Sauce and Mozzarella Cheese baked on a Whole Wheat English Muffin, Steamed Carrots, Fruit Cocktail in Natural Juices, 1% Organic Milk. Vegetarian: Cheese Pizza	Turkey and Cheese Sandwiches on Whole Wheat Bread, Veggie Straws, Pears in Natural Juices, 1% Organic Milk. Vegetarian: Cheese Sandwiches
PM Snack	Low Fat 1% Milk Cottage Cheese and Diced Pineapple in Natural Juices	Fresh Popped Popcorn and Raisins. Infant/Toddler: Fruit Cocktail	Warm Tortilla Chips and Salsa/Queso Dip. Infant/Toddler: Warm Tortillas	Whole Wheat Soft Cinnamon Sugar Pretzel Bites with 100% Juice	Whole Wheat Ritz Crackers and Whipped Low Fat Cream Cheese
Breakfast	17 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	18 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	19 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	20 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	21 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk
AM Snack	Low fat Yoplait Vanilla Bean Yogurt and Natural Granola. Infant/Toddler: Yogurt and Super Puffs	Bananas, Soy Butter, and Raisins. Infant/Toddler: Banana and Animal Cracker	Fresh Sliced Oranges and Whole Grain Cheerios. Infant/Toddler Mandarin Oranges	Fresh Apple Slices with Soy Butter. Infant/Toddler Applesauce and Gram Crackers	Fresh Grapes with Whole Grain Ritz Crackers
Lunch	Chicken Patty on Whole Wheat Bun, and Steamed Broccoli, Mandarin Oranges in Natural Juices, 1% Organic Milk. Vegetarian: Veggie Burger	White Meat Chicken Nuggets & Tater Tots, Steamed Green Beans, Fruit Cocktail in Natural Juices, 1% Organic Milk. Vegetarian: Vegetarian Nuggets	Whole Grain Macaroni with 2% Milk Cheese and Diced Ham, Steamed California Blend Vegetables, Diced Peaches in Natural Juices, 1% Organic Milk. Vegetarian: No Ham	Soynut Butter and Jelly Sandwiches on Whole Wheat Bread, Veggie Straws, Natural Applesauce, 1% Organic Milk. Infant/Toddler: Cheese Sandwich	Whole Wheat Spaghetti, Tomato Basil Marinara Sauce, and Baked Turkey Meatballs/Vegetarian Meatballs, Steamed Peas, Tropical Fruit in Natural Juices, 1% Organic Milk
PM Snack	Cheese it Crackers, 100% Natural Juice. Infant/Toddler: Natural Applesauce	Chocolate/Vanilla Pudding and Low Fat Vanilla Wafers	Fresh Carrots and Kraft Buttermilk Ranch Dressing. Infant/Toddler Steamed Carrots	Warm Tortilla Chips and Salsa/Queso Dip. Infants/Toddler: Warm Tortilla	Whole Wheat Pretzels with Cheese Slices
Breakfast	24 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	25 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	26 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	27 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	28 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk
AM Snack	Low fat 1% Milk Cottage Cheese and Diced Pineapple in Natural Juices	Nutrigrain Fruit Bars and 100% Juice	Low fat Yoplait Vanilla Bean Yogurt and Graham Crackers. Infant/Toddler: Yogurt and Super Puffs	Fresh Strawberries & 2% Milk Cheddar Cheese Cubes	Mini Bagels and Whipped Low Fat Cream Cheese
Lunch	Chicken Taco Salad (Chicken, Fresh Lettuce, Fresh Tomato, 2% Milk Cheddar Cheese, Whole Wheat Tortilla Chips, with French Dressing), Steamed Broccoli, Natural Applesauce, 1% Organic Milk	Chicken Salad Wrap (Fresh Celery, Mayonnaise, Sour Cream, on Spinach Tortilla), Steamed Peas, Fruit Cocktail in Natural Juices, 1% Organic Milk	French Toast Sticks and Turkey Sausage with Light Syrup, Fresh Banana, Tropical Fruit in Natural Juices, 1% Organic Milk. Vegetarian: Soy Butter Spread	Egg Salad Sandwich on Whole Wheat Bread, Steamed Green Beans, Peaches in Natural Juices, 1% Organic Milk. Vegetarian: Grilled Cheese Sandwich	Turkey and Cheese Rolls Ups on Spinach Tortillas with Kraft Buttermilk Ranch Dressing, Steamed Carrots, Diced Pineapple in Natural Juices, 1% Organic Milk. Vegetarian: Veggie Burgers
PM Snack	Whole Wheat Bosco Sticks with Tomato Basil Marinara Sauce	Natural Applesauce and Graham Crackers	Skim Milk String Cheese & Sun Chips	Fresh Sliced Cucumbers and Kraft Buttermilk Ranch Dressing. Infant/Toddler: String Cheese and Super puffs	2% American Cheese Slices and Whole Wheat Crackers
Breakfast	31 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	1 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	2 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	3 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk	4 Crispy Rice Cereal, Nutrigrain bar, or Fresh Fruit, 1% Milk
AM Snack	Tapioca Pudding and Low Fat Vanilla Wafers	Nutrigrain Fruit Bars & 100% Juice	Natural Applesauce and Graham Crackers	Low Fat 1% Organic Milk Cottage Cheese and Diced Pineapple in Natural Juices	Fresh Cubed Melon and 2% Cheddar Cheese Cubes
Lunch	Chicken Quesadilla (Diced Chicken, Salsa, Low Fat Sour Cream and Mild Shredded Cheddar Cheese), Steamed Broccoli, Peaches in Natural Juices, 1% Organic Milk. Vegetarian: Cheese Quesadilla	Cheeseburger on Whole Wheat Bun and Tator Tots, Steamed Green Beans, Mandarin Oranges in Natural Juices, 1% Organic Milk. Vegetarian: Veggie Burger	Cheese Ravioli with Tomato Basil Marinara Sauce, Fresh Steamed Carrots, Pears in Natural Juices, 1% Organic Milk	Oven Baked Fish Sticks and Sweet Potato Fries, Steamed California Blend Vegetables, Tropical Fruit in Natural Juices, 1% Organic Milk. Vegetarian: Vegetarian Nuggets	Grilled Cheese Sandwiches on Whole Wheat Bread with Veggie Straws, Steamed Peas, Fruit Cocktail in Natural Juices, 1% Organic Milk
PM Snack	Fresh Organic Apples and Soy Butter. Infant/Toddler: Natural Applesauce with Gram Crackers	Whole Wheat Soft Pretzel Bites with Honey Mustard Dressing	Fresh Carrots and Kraft Buttermilk Ranch Dressing. Infant/Toddler Steamed Carrots	Homemade Fresh Blueberry Muffins, 1% Organic Milk	Terra Chips and 100% Juice. Infant/Toddler: Fresh Peaches with Graham Crackers