



August 2022 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
AM Snack	Nutrigrain Bars, Mangoes , and Milk	Whole Grain Oatmeal with Apple Slices, and Milk	Turkey Sausage on a Buttermilk Biscuit, and Milk	Whole Wheat Cinnamon Toast, Bananas, and Milk	Blueberry Bagels with Cream Cheese, Peaches, and Milk
Lunch	Bbq Chicken Sandwich on a Wheat Bun, Sweet Potatoes, Pears, and Milk	Cheese Pizza, Garden Salad with Cucumbers, Pineapples, and Milk	Sun butter and Jelly on Wheat Bread, Corn Nuggets, Mandarin Oranges, and Milk	Chicken and Biscuits, with Mixed Vegetables, Fresh Orange Slices, and Milk	Fish Nuggets, Green Beans, Mixed Fruit, and Milk
PM Snack	Cheese Sticks with Ritz Crackers, and Chilled Water	Fig Newton Bar w/ 100% Fruit Juice	Hummus, Whole Grain Crackers and Chilled Water	Mixed Berry Animal Crackers and 100% Fruit Juice	Raisings, Veggie Crackers, and Chilled Water
	8	9	10	11	12
AM Snack	Vanilla Yogurt, Blueberries, and Milk	French Toast Sticks with lite Syrup, Peaches, and Milk	Whole Grain Cereal with Banana Slices, and Milk	Nutrigrain Bars, Mangoes , and Milk	Biscuit with Sugarfree Jelly, Applesauce and Milk
Lunch	Breaded Chicken Sandwich on a Whole Wheat Bun, Sweet Potatoes, Pears, and Milk	Whole Grain Macaroni and Cheese, Green Peas, Pears, and Milk	Meatloaf, Baked Beans, Pineapples, Dinner Roll, and Milk	Cheeseburger on a Whole Wheat Bun, Au gratin Potatoes, Mandarin Oranges, and Milk	Chicken Nuggets, Side Salad with Ranch, Mixed Fruit, and Milk
PM Snack	Vanilla Wafers, Sunbutter and Chilled Water	Chex Mix w/ 100% Fruit Juice	Graham Crackers, Banana Slices, and Chilled Water	Mixed Berry Animal Crackers and 100% Fruit Juice	Cheddar Cheese Cubes, Veggie Crackers and Chilled Water
	15	16	17	18	19
AM Snack	Whole Grain Cereal, Mangos, and Milk	Whole Grain Pancakes w/ Lite Syrup, Blueberries, and Milk	Cheese Grits, Bananas, and Milk	English Muffin with Jelly, Orange Slices, and Milk	Whole Grain Oatmeal, Bananas, and Milk
Lunch	Chicken & Penne in Marinara Sauce, Cinnamon Carrots, Mixed Fruit and Milk	Turkey Wrap with Cheese, Pasta Salad w/ peas and carrots, Pineapple and Milk	Beefaroni, Mixed Vegetables, Peaches, and Milk	Chicken and Rice, Broccoli, Watermelon, and Milk	Chopped Steak with Brown Gravy, Mashed Potatoes, Mixed Fruit, and Milk
PM Snack	Pretzel Bites, Orange Slices, and Chilled Water	Animal Crackers and 100% Fruit Juice	Graham Crackers, Sunbutter, and Chilled Water	Blueberry Bread with 100% Fruit Juice	Cheese Sticks w Ritz Crackers, and Chilled Water
	22	23	24	25	26
AM Snack	Whole Grain Cereal, Peaches, and Milk	Vanilla Yogurt, Blueberries, and Milk	Pancakes w/Light Syrup, Baked Apples, and Milk	Whole Wheat Cheese Toast with Bananas, and Milk	Blueberry Bagels w, Cream Cheese, Peaches and Milk
Lunch	Chicken Nuggets w Ranch , Pinto Beans, Pineapple, and Milk	Whole Grain Macaroni and Cheese, Green Peas, Pears, and Milk	Beef Tacos with Wheat Tortillas and Cheese, Black Bean and Corn Salsa, Mangos, and Milk	Chopped Chicken with Pasta, Green Beans, Mandarin Oranges, and Milk	Turkey and Cheese on a Whole Wheat Tortilla Wrap, Peas and Carrots, Pineapple, and Milk
PM Snack	Rice Cake Bites, Craisins, and Chilled Water	Baked Cheese Squares and 100% Fruit Juice	Pretzel Twists, Cheese Sauce and Chilled Water	Nutrigrain Bars, and 100% Fruit Juice	Banana Bread, and Chilled Water
	29-Aug	30	31		
AM Snack					Food Substitutes for Infants and Toddlers:
Lunch					Apple slices sub Applesauce Bananas, Salad sub steamed Vegetables
PM Snack					Carrot Sticks sub Steamed Carrots Hard Snacks sub yogurt