

PRESCHOOL/ELEMENTARY/MIDDLE MENU



August	BREAKFAST	LUNCH	SNACK
MONDAY 19	Fresh Simply Cereal Fresh Apples Milk	Black Beans/ Brown Rice Fish Sticks Assorted Vegetable Assorted Fruit Milk	Assorted Crackers Varied Juice
TUESDAY 20	Raising Mini Bagel Cream Cheese Milk	Chicken Patty on a Bun Lettuce & Tomatoes Tater Tots or Baked Sweet Potatoes, Apple sauce (Cup) Brown Rice for toddlers	Goldfish crackers Yogurt Assorted
WEDNESDAY 21	Egg Patty/ Toast Bread Milk	Split Peas/ Garbanzo Beans Brown Rice Meatballs, Assorted Fruit (Banana), Milk	Assorted Mini Muffins Milk
THURSDAY 22	Waffles (Syrup) Natural Orange Natural Mandarin Milk	Ground Pork Brown Rice Ripe Sweet Plantains Milk	Chips Assorted Jell-O
FRIDAY 23	French Toast Sticks Milk	Spaghetti with Sliced Ham (Sauce & Cheese) Garlic Bread Milk	Crackers Cheez It Original Milk

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MONDAY 26	Corn Flakes Cereal Natural Orange or Mandarin Milk	Brown Rice, Lentils, Chicken Nuggets Assorted Vegetable Milk	Lady Finger Cookies Fruit Sorbet
TUESDAY 27	Waffles (Syrup) Milk	Ground Turkey Brown Rice Apple Sauce (Cup) Assorted Fruits Milk	Ritz Crackers Vanilla Pudding
WEDNESDAY 28	Pancake (Syrup) Milk	Black or Red Beans Brown Rice Bread Fish Sticks Varied Fruit Milk	Bunny Graham Crackers Organic Friends Milk
THURSDAY 29	Kaiser Roll (Butter) Milk	Brown Rice, Baked Chicken or Diced Chicken Varied Vegetables Milk	Assorted Mini Muffins Orange Jell-O
FRIDAY 30	Rice Cereal Banana Milk	Macaroni with Meat (Sauce & Cheese) Garlic Bread Milk	Cheese Stick Strings Saltines Crackers Milk