

August 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
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AM Snack	Look out Kids! Ms. Mieko is cooking up some delicious, healthy, home-cooked treats for you! We have even added in an additional late PM snack around 4:45/5:00pm, for those kids that like to stay late! Yummy!			Oatmeal with Fruit	Waffles*+
Lunch				Taco rice (ground meat, beans, corn)	Turkey and cheese sandwiches with green beans*+
PM Snack				Fruit smoothies+	Sweet potato fries
	5	6	7	8	9
AM Snack	Cereal with Milk+	Waffles*+	Nutrigrain bars	Yogurt and crackers+	Pancakes*+
Lunch	Spaghetti with green beans	Turkey and cheese Sandwiches with carrots +*	Bean and cheese burritos	Chicken nuggets with veggies	Vegetable chilli with corn chips
PM Snack	Apple Sauce with crackers	String cheese+ with fruit	Carrots with ranch+	Chex mix with dried fruit	Naan with hummus
	12	13	14	15	16
AM Snack	Bagels with cream cheese+	French toast +*	Biscuits with jelly	Cereal with milk+	Fruit Oatmeal
Lunch	Chicken noodle stew with crackers	Turkey and cheese pinwheels with green beans +*	Chicken taquitos with refried beans+	Meatballs, gravy, mashed potatoes	Chicken fried rice (Chicken with mixed veggies)
PM Snack	Apple sauce with graham crackers	Home made fruit bread*	Cucumbers with ranch+	Fruit smoothies+	Cheese cubes with crackers+
	19	20	21	22	23
AM Snack	Pancakes*+	Cinnamon toast	Yogurt with Crackers+	Mini muffins*	Waffles*+
Lunch	Baked Raviolis with marinara sauce +	Mac and cheese with mixed veggies +	Fish sticks with mixed veggies	Broccoli, chicken, alfredo pasta +	Chicken and cheese quesadillas with black beans+
PM Snack	Cheese cubes with crackers +	Sweet potato fries	Carrots with hummus	Banana roll ups	Focaccia bread
	26	27	28	29	30
AM Snack	Biscuits and jelly	Bagels and cream cheese+	Nutrigrain bars	Cinnamon bread	Cereal and milk+
Lunch	Italian meatball stew with crackers	Taco rice (meat and veggies)	Spaghetti with green beans	Veggie chili with corn chips	Turkey and cheese pinwheels with corn +*
PM Snack	Banana bread +*	Pretzels with dried fruit	Fruit smoothies +	Rice cakes with cheese+	Crackers with cheese+

In order to best utilize our fruit supply and freezer space, we will not be specifying exactly which fruit will be served with each lunch. Every lunch is served with fruit and it will be either pineapples, peaches, mangos, oranges, bananas, apples, blackberries, raspberries or mixed fruit.

Allergy Awareness

*Eggs

Meat - If meat is included in a meal, it is listed within the description

Milk - Milk is served with every lunch and with cereal. If milk is listed as an ingredient in a meal, it has been denoted with a + symbol

If your child does not eat any of the foods listed on our menu, please bring your pre-prepared foods for us to serve to your child instead.