MEAL MENU

July 29 – Aug 2

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Waffles	Frosted flakes	French Toast		
Breakfast	Apples	Craisins	Peaches		
	Milk	Milk	Milk		
	Chicken Salad	Fish Sticks	Mac and Cheese	School Closed for	School closed for
	Sandwich	French fries	Black beans	Staff Development	Staff Development
Lunch	Mixed Fruit	Mangos	Apple sauce		
	Garbanzo Beans	Carrots	Milk or Water		
	Milk or Water	Milk or Water			
Snack	Veggie Straws	Tortilla Chips	Ritz Crackers		
	Mango	Salsa	Cheese Sticks		

August 5 - 9

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Waffles	Cheerios	French Toast	Frosted Flakes	Pancake
Breakfast	Mangos	Craisins	Peach	Raisins	Apples
	Milk	Milk	Milk	Milk	Milk
	Turkey sandwich	Cheese and bean	Penne pasta	Beef meatballs	Tuna sandwich
	Strawberries	Burrito	Marinara sauce	Mashed potato	Mangos
Lunch	Carrots	Mixed fruit	Cheese	Fruit cocktail	Celery
	Milk or Water	Milk or Water	Pineapple	Kidney beans	Milk or Water
			Green beans	Milk or water	
			Milk or Water		
Snack	Graham crackers	Chex Mix	Animal crackers	Goldfish	Saltine crackers
	Cheese sticks	Mango	Yogurt	Carrots	Cheese sticks

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango

MEAL MENU

August 12 -16

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Waffles	Frosted flakes	French Toast	Cheerios cereal	Pancake
Breakfast	Mangos	Craisins	Pears	Raisins	Strawberries
	Milk	Milk	Milk	Milk	Milk
	Chili	English Muffin	Shell Pasta w/	Chicken Patty on a	Cheese Quesadilla w
	Rolls	Cheese Melt	Alfredo Sauce	bun	refried beans
Lunch	Mandarin Oranges	Pineapple	Mixed Fruit	Apples	Peaches
	Green beans	Sliced carrots	Black beans	Celery	Broccoli
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Snack	Ritz Crackers	Tortilla Chips	Saltine Crackers	Veggie Straws	Celery w/ranch
	Cheese Stick	Salsa	Yogurt	Mangos	Pretzel

August 19 - 23

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Waffles	Cheerios	French Toast	Frosted Flakes	Pancake
Breakfast	Mangos	Craisins	Pears	Raisins	Pineapple
	Milk	Milk	Milk	Milk	Milk
	Rice w/Cheese	Chicken nuggets	Pita bread Pizza	Beef Ravioli	Ham Sandwich
	Mandarin oranges	Tater tots	Mozzarella Cheese	Rolls	Mixed Fruit
Lunch	Broccoli	Strawberries	Mangos	Peaches	Baby Carrots
	Milk or Water	Corn	Celery	Garbanzo Beans	Milk or Water
		Milk or Water	Milk or Water	Milk or water	
Snack	Graham crackers	Club Crackers	Animal Crackers	Goldfish	
	Cheese sticks	Carrots	Raisins	Cheese Sticks	Yogurt

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango