



LET THEM BE LITTLE

WEEK: AUGUST 18TH- 22ND

DRINKS ARE ALWAYS PROVIDED DURING MEALS AND SNACKS: WATER OR 2% MILK

● ● ● MENU ● ● ●

BREAKFAST

SNACK

LUNCH

SNACK

MON

OATMEAL
BANANA

YOGURT
BLACK-
BERRIES

CHICKEN
NUGGETS
CARROTS
STRAWBERRIES

NUTRIGRAIN
BAR
CHEESE
ORANGES

TUE

EGGS
AVOCADO
KIWI/STRAW

COTTAGE
CHEESE
PEACHES

TURKEY
BREAD ROLL
GRAPES, CARROTS
CHEESE

NAAN BREAD
MIXED NUTS
RASPBERRIES

WED

STEEL CUT
OATMEAL
BANANA

YOGURT
BLUEBERRIES
GRANOLA

SPAGHETTI
MEAT SAUCE
GRAPES

NUTRIGRAIN
BAR
STRING CHEESE

THU

COTTAGE
CHEESE
MIXED FRUIT
PECANS

PRETZELS
CHEESE
GRAPES

CHICKEN
RICE
ZUCCHINI

PEANUT BUTTER
CELERY STICKS
RAISINS

FRI

EGGS
BLUEBERRY
TOAST

CUCUMBERS
RASPBERRIES
STRING CHEESE

GRILLED CHEESE
AVOCADO
RASPBERRIES

SPINACH
STRAW/BLUE
BANANA
SMOOTHIE