







BEGINNINGS AND BEYOND ~ August 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				1 Buttered Raisin Toast Mixed Fruit Milk	2 Corn Flakes Cereal Bananas Milk
LUNCH				Tasty Chicken Tenders Rice Mixed Vegetables Applesauce Milk	Crispy Baked Fish W.W. Bread Triangles Cauliflower Pears Milk
SNACK				W.G Brown Rice Cakes 100% Apple or Cran/Grape Juice	ICE CREAM FRIDAY Triscuit Crackers 100% Apple or Cran/Grape Juice 
BREAKFAST	5 Rice Krispies Oranges Milk	6 Buttered W.W. Toast Mixed Fruit Milk	7 Pancakes/Pure Maple Syrup Pears Milk	8 Corn Muffin Oranges Milk	9 Buttered W.G. English Muffins Pineapple Milk
LUNCH	Chicken Melties (W.G. English Muffin) Carrots Peaches Milk	All Natural Turkey Hot Dogs Hot Dog Bun Baked Beans Pineapple Milk	Penne Pasta/Tomato Sauce Meatballs Green Beans Pears Milk	H.M. Macaroni and Cheese Peas and Carrots Peaches Milk	Turkey Noodle Dinner (Ground Turkey, Noodles) Corn Mixed Fruit Milk
SNACK	Teddy Bites (Teddy Grahams,Pretzels,Raisins) 100% Apple or Cran/Grape Juice	Yogurt Graham Crackers Water	W.G. Corn Chips Mild Salsa Water	100% W.G. Wheat Thin Crackers 100% Apple or Cran/Grape Juice	ICE CREAM FRIDAY Goldfish Crackers 100% Apple or Cran/Grape Juice 
BREAKFAST	12 W.G. Chex Cereal Applesauce Milk	13 Buttered Raisin Toast Oranges Milk	14 Waffles 100% Pure Maple Syrup Peaches Milk	15 Rice Chex Applesauce Milk	16 Buttered Buttermilk Biscuits Banana Milk
LUNCH	Beef Burger Goulash (Gr. Beef,Noodles,Corn,Cheese) Green Beans Pears Milk	BREAKFAST FOR LUNCH Scrambled Eggs Pop's Potatoes W.W. Bread Triangles Pineapple Milk 	Chicken with Broccoli Lo Mein Noodles Watermelon Cubes Milk	Pizza Casserole (W.G. Spiral Pasta,Gr.Beef) Peas and Carrots Oranges Milk	Meatballs in Brown Gravy W.G. Brown Rice Green Beans Applesauce Milk
SNACK	Jell-o with Peaches Milk	W.G. Fruity Oat Squares 100% Apple or Cran/Grape Juice	W.G. Brown Rice Cakes 100% Apple or Cran/Grape Juice	Pretzels 100% Apple or Cran/Grape Juice	ICE CREAM FRIDAY Chex Mix (Rice & Corn Chex, Raisins,Pretzels) 100% Apple or Cran/Grape Juice 
BREAKFAST	19 Buttered Bagels Banana Milk	20 Buttered W.G. Eng.Muffins Oranges Milk	21 Buttered Buttermilk Biscuits Pineapple Milk	22 W.G. Kix Cereal Applesauce Milk	23 Corn Chex Banana Milk
LUNCH	OMG Chicken Broccoli W.G. Bread Triangles Pears Milk	Homemade Cheese Pizza Carrots Peaches Milk	Grilled Cheese on W.W. Bread Mixed Vegetables Applesauce Milk	Chicken Salad Sandwich Bun Baked Beans Peaches Milk	Roasted Chicken Roasted Potatoes W.W. Bread Triangles Mixed Fruit Milk
SNACK	Yogurt Graham Crackers Water	Chex Mix 100% Apple or Cran/Grape Juice	Cheese Slices Ritz Crackers Water	Pretzel Sticks 100% Apple or Cran/Grape Juice	ICE CREAM FRIDAY W.G. Kix Mix (Kix & Wheat Chex) 100% Apple or Cran/Grape Juice 
BREAKFAST	26 Rice Chex Cereal Pineapple Milk	27 Golden Porridge (W.G. Oats) Applesauce Milk	28 Wheat Chex Cereal Oranges Milk	29 Corn Flakes Cereal Bananas Milk	30 W.G. French Toast Pure Maple Syrup Oranges Milk
LUNCH	Tuna/Egg Salad Whole Wheat Bread Peas and Carrots Pears Milk	Spaghetti A La Philly Meatballs Broccoli Pears Milk	Angry Bird Baked Chicken W.W. Bread Triangles Mashed Potatoes Mixed Fruit Milk	Cheesy Chicken Quesadillas (W.G. Tortillas,Chicken) Corn Mixed Fruit Milk	Turkey Meatloaf Green Beans Dinner Roll Watermelon Cubes Milk
SNACK	Watermelon Cubes Milk	H.M. Garlicky Breadsticks Tomato Dipping Sauce Water	Cucumber Sticks Ranch Dressing Milk	Goldfish Crackers 100% Apple or Cran/Grape Juice	ICE CREAM FRIDAY Animal Crackers 100% Apple or Cran/Grape Juice 



Please note that if your child cannot eat any of the items on our menu due to allergies, beliefs, or food preferences, you must provide the meals for your child for that particular day. We are unable to provide alternative foods due to the time schedule and the large number of children we serve. We appreciate your understanding! Thank you!