


## BEGINNINGS AND BEYOND ~ August 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	1 Golden Porridge (W.G. Oats) Applesauce Milk	2 Wheat Chex Cereal Oranges Milk	3 W.G. French Toast /Syrup Peaches Milk	4 Buttered Raisin Toast Mixed Fruit Milk	5 Corn Flakes Cereal Bananas Milk
<b>LUNCH</b>	Bow Tie Tuna (Tuna/Pasta) Broccoli Pears Milk	Angry Bird Baked Chicken W.W. Bread Triangles Mashed Potatoes Mixed Fruit Milk	Cheesy Chicken Quesadillas (W.G. Tortillas,Chicken)	Tasty Chicken Tenders Rice Mixed Vegetables Applesauce Milk	Crispy Baked Fish W.W. Bread Triangles Cauliflower Pears Milk
<b>SNACK</b>	H.M. Garlicky Breadsticks Tomato Dipping Sauce Water	Cucumber Sticks Ranch Dressing Milk	Goldfish Crackers 100% Fruit Juice	W.G Brown Rice Cakes 100% Fruit Juice	<b>ICE CREAM FRIDAY</b> W.G. Triscuit Crackers 100% Fruit Juice 
<b>BREAKFAST</b>	8 Rice Krispies Oranges Milk	9 Buttered W.W. Toast Mixed Fruit Milk	10 Pancakes/Pure Maple Syrup Bananas Milk	11 Corn Muffin Oranges Milk	12 Buttered W.G. English Muffins Pineapple Milk
<b>LUNCH</b>	Chicken Melties (W.G. English Muffin) Carrots Peaches Milk	All Natural Turkey Hot Dogs Hot Dog Bun Vegetarian Beans Pineapple Milk	Penne Pasta/Tomato Sauce Meatballs Green Beans Pears Milk	H.M. Macaroni and Cheese Peas and Carrots Peaches Milk	Crispy Chicken Dinner Egg Noodles Corn Mixed Fruit Milk
<b>SNACK</b>	Teddy Bites (Teddy Grahams,Pretzels,Raisins) 100% Fruit Juice	Yogurt Graham Crackers Water	W.G. Tortilla Chips Mild Salsa Water	100% W.G. Wheat Thin Crackers 100% Fruit Juice	<b>ICE CREAM FRIDAY</b> Goldfish Crackers 100% Fruit Juice 
<b>BREAKFAST</b>	15 W.G. Chex Cereal Applesauce Milk	16 Buttered Raisin Toast Oranges Milk <b>BREAKFAST FOR LUNCH</b> Scrambled Eggs Pop's Potatoes W.W. Bread Triangles Pineapple Milk 	17 Waffles Maple Syrup Peaches Milk	18 Rice Chex Mixed Fruit Milk	19 Buttered Buttermilk Biscuits Banana Milk
<b>LUNCH</b>	Baked Ziti Turkey Meatballs Broccoli Pears Milk	Chicken with Dumplings Corn Watermelon Cubes Milk	Baked Tilapia Whole Wheat Bread Peas and Carrots Oranges Milk	Meatballs in Brown Gravy W.G. Brown Rice Green Beans Peaches Milk	<b>ICE CREAM FRIDAY</b> Chex Mix (Rice & Corn Chex, Raisins,Pretzels) 100% Fruit Juice 
<b>SNACK</b>	Jell-o with Peaches Milk	W.G. Fruity Oat Squares 100% Fruit Juice	W.G. Brown Rice Cakes 100% Fruit Juice	Pretzels 100% Fruit Juice	
<b>BREAKFAST</b>	22 Buttered Bagels Banana Milk	23 Buttered W.G. Eng.Muffins Oranges Milk	24 Buttered Buttermilk Biscuits Pineapple Milk	25 W.G. Kix Cereal Mixed Fruit Milk	26 Corn Chex Banana Milk
<b>LUNCH</b>	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	Tuna/Egg Salad Whole Wheat Bread Peas and Carrots Pears Milk
<b>SNACK</b>	Cheeze-it Crackers 100% Fruit Juice	Chex Mix 100% Fruit Juice	Cheese Slices Ritz Crackers Water	Pretzel Sticks 100% Fruit Juice	<b>ICE CREAM FRIDAY</b> W.G. Kix Mix (Kix & Wheat Chex) 100% Fruit Juice 
<b>BREAKFAST</b>	29 Rice Chex Cereal Pineapple Milk	30 Corn Flakes Cereal Grapes Milk	31 Pancakes/Syrup Oranges Milk		
<b>LUNCH</b>	Roasted Chicken Roasted Potatoes W.W. Bread Triangles Pears Milk	Mini Meatball Subs on Hot Dog Roll Green Beans Peaches Milk	Turkey Meatloaf WG. Brown Rice Broccoli Mixed Fruit Milk		
<b>SNACK</b>	Watermelon Cubes Milk	W.G. Triscuit Crackers 100% Fruit Juice	Animal Crackers 100% Fruit 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!