

August Menu

2023



MONDAY

31

All breakfasts are served with water and milk.
Cheerios are also served as a breakfast option each day.

Water is served with all snacks, unless posted otherwise.
 * 30 months and under

TUESDAY

01

Breakfast: Oatmeal & blueberries
AM: Turkey cubes with Ritz crackers

PM: Apple slices, cheese cubes (* grated cheese)

08

Breakfast: Scrambled eggs with ham and cheese & bananas
AM: Wheat Thin crackers with cucumbers

PM: Pineapple with graham crackers

15

Breakfast: French toast & bananas
AM: Breadsticks with cauliflower, tomato slices, ranch, (* only tomato)

PM: Vanilla yogurt with mixed berries

22

Breakfast: English muffins with strawberry jam or soy butter & mandarin oranges

AM: Fig newtons with grapes (* pineapple)
 PM: Pretzels, carrots, celery (* cucumbers)

29

Breakfast: Oatmeal & blueberries

AM: Turkey cubes with Ritz crackers

PM: Apple slices, cheese cubes (* grated cheese)

WEDNESDAY

02

Breakfast: Assorted cereals & pineapple
AM: Tomato slices, zucchini with Saltine crackers

PM: Pita bread with hummus, snap peas

09

Breakfast: Pancakes & orange slices
AM: Pretzels with green beans

PM: Cheese cubes with Triscuit crackers (* grated cheese and Ritz crackers)

16

Breakfast: Oatmeal & apple slices

AM: Goldfish crackers with bell peppers, zucchini

PM: Carrots and cheese cubes (* sliced cheese & cucumbers)

23

Breakfast: Bagels with cream cheese & apple slices

AM: Roasted cauliflower with Ritz crackers
 PM: Peas with cheese cubes (* grated cheese)

30

Breakfast: Biscuits with sausage gravy & pears

AM: Tomato slices, zucchini with Saltine crackers

PM: Pita bread with hummus, snap peas

THURSDAY

03

Breakfast: Waffles with strawberries & whip cream
AM: Cinnamon tortillas with applesauce

PM: Popcorn with grapes (* crackers with pears)

10

Breakfast: Croissants with strawberry jam & cantaloupe
AM: Ritz crackers with roasted broccoli

PM: Teddy grahams with mandarin oranges

17

Breakfast: Cinnamon toast & mixed berries

AM: Celery, broccoli (* roasted), hummus, pita bread

PM: Orange slices with popcorn (* crackers)

24

Breakfast: Breakfast burritos with ham, cheese & pineapple

AM: Goldfish crackers with cucumbers, bell peppers
 PM: Vanilla wafers with cantaloupe

31

Breakfast: Waffles with strawberries & whip cream

AM: Cinnamon tortillas with applesauce

PM: Popcorn with grapes (* crackers with pears)

FRIDAY

04

Breakfast: Assorted cereals & bananas
AM: Cauliflower, broccoli (* roasted) with ranch, bread sticks

PM: Rice cakes with yogurt

11

Breakfast: Assorted cereals & strawberries
AM: Vanilla wafers with bananas

PM: Pita bread with hummus, snap peas

18

Breakfast: Assorted cereals & fruit
AM: String cheese with roasted potatoes

PM: Fig Newtons with bananas

25

Breakfast: Assorted cereals & applesauce

AM: Mini bagels with cream cheese, bananas

PM: Wheat Thin crackers with carrots (* bell peppers), hummus

01

Country Dawn Lunches
 All Week - Soynut & Jam
 M - Grilled Cheese
 T - Tuna
 W - English Muffin Pizzas
 Th - Turkey & Cheese
 F - Quesadillas