



August 2019

2018

Monday	Tuesday	Wednesday	Thursday	Friday
19. <u>Breakfast</u> Milk WG Waffles Pears Syrup <u>Lunch</u> Chicken Enchilada Casserole Refried Beans Pineapple Milk <u>Snack</u> Cheese Square Whole Grain Wheat Thins Week 4	20. <u>Breakfast</u> Milk Scrambled Eggs Cinnamon Toast Peaches <u>Lunch</u> Meatloaf WG dinner Roll Mashed Potatoes Mandarin Oranges Milk <u>Snack</u> Apple Sauce Rice cake	21. <u>Breakfast</u> Milk WG Biscuit Turkey Sausage Sliced banana <u>Lunch</u> Baked Turkey Breast WG Dinner Roll Canned Greens Steamed Squash Milk <u>Snack</u> Fruit and Yogurt Parfait	22. <u>Breakfast</u> Milk Egg and Cheese Burrito Applesauce <u>Lunch</u> Breaded Fish Green Beans Blueberries Milk <u>Snack</u> Whole Grain breadstick with Marinara 100% Fruit Juice	23. <u>Breakfast</u> Milk Dry Cereal Strawberries <u>Lunch</u> WG Chicken Spaghetti Roasted Baby Carrots Steamed Broccoli Milk <u>Snack</u> Slice Banana
26. <u>Breakfast</u> Milk WG Pancakes Cinnamon Applesauce Syrup <u>Lunch</u> WG Spaghetti and Meatballs Green Beans Peaches Milk <u>Snack</u> Cheese Square Whole Grain Wheat Thins Week 5	27. <u>Breakfast</u> Milk Scrambled Eggs WG English Muffin Apricots <u>Lunch</u> Hot Ham and Cheese Sandwich Steamed Zucchini Tomato Soup Milk <u>Snack</u> Apple Sauce Rice cake	28. <u>Breakfast</u> Milk Oatmeal Pears <u>Lunch</u> Beef and Bean Chili Corn Steamed Spinach Crackers Milk <u>Snack</u> Fruit and Yogurt Parfait	29. <u>Breakfast</u> Milk Cereal Sliced Banana <u>Lunch</u> Crispy Backed Chicken Lettuce Tomato Salad Pineapple WG Mac and Cheese Milk <u>Snack</u> Whole Grain breadstick with Marinara 100% Fruit Juice	30. <u>Breakfast</u> Milk Yogurt Blueberries Cinnamon Toast <u>Lunch</u> Ground Beef and Spanish rice Steamed Broccoli Tangerines Milk <u>Snack</u> Slice Banana Whole Grain Goldfish
