



August 2022



Mon	Tue	Wed	Thu	Fri
<p>15</p> <p>Breakfast 1/2 serving <u>whole wheat waffle (WG)</u> with 1/2 cup of blended strawberry applesauce (optional: Maple Syrup); 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch Pizza Day! 2 oz. thinly ham with .5 oz of melted mozzarella cheese on a English Muffin; 1/4 cup fresh cubed watermelon; 1/2 cup tossed Green Salad (sliced cherry tomatoes, celery, & red cabbage) served with 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Snack 3/4 cup of Rice Chex served with 4 oz. nonfat milk, Lactaid milk or Soy</p>	<p>16</p> <p>Breakfast 1/2 cup of sliced strawberries 1/4 cup of warm <u>oatmeal (WG)</u> mixed small cinnamon cubed apples, 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch Chicken and Rice: 1 1/2 oz. diced lean chicken mixed with 1/4 cooked wild rice; 1/4 cup steamed broccoli & cauliflower; 1/4 cup of Mandarin Oranges; served with 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Snack 1 Soft Pretzel and 1/2 cup of fresh red apples</p>	<p>17</p> <p>Breakfast 1/2 cup fresh sliced pears; 3/4 cup unsweetened plain Kix cereal 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch Soft beef taco- 1 oz. ground beef and .5 oz of cheddar cheese served with a mix of shredded greens, diced tomato & mild salsa with a warm <u>corn tortilla (WG)</u>; 1/4 cup lightly steamed sliced carrots; 1/4 cup sliced pineapple served with 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Snack 1/2 oz of unsalted Popcorn Rice Cake (optional) with .5 oz Peanut butter; 1/2 of a banana</p>	<p>18</p> <p>Breakfast 1/2 Blueberry bagel with 1 tbsp. cream cheese; 1/2 cup of Mangos; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch 1 1/2 oz. water packed tuna with 1 tsp light mayonnaise; 1 slice of whole wheat bread (WG); 1/4 cup lightly steamed green beans ; 1/4 cup fresh cantaloupe ; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Snack 2 square graham crackers; 4 oz. nonfat milk, Lactaid milk or Soy</p>	<p>19</p> <p>Breakfast 1/2 cup diced fresh watermelon; 1/2 toasted <u>whole grain English muffin (WB)</u> with scrambled eggs; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch Beef, bean and cheese burrito (1 oz. cooked lean beef, .5 oz. pinto beans .5 oz. shredded Jack cheese wrapped in warm tortilla; 1/4 cup fresh orange slices; 1/4 cup of whole corn; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Take Home Snack 1/2 cup of peaches; 4 Ritz Crackers</p>
<p>22</p> <p>Breakfast 1/2 cup of fresh blueberries , 1/2 serving of French toast sticks with 1 Tbsp. fruit spread; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch Spaghetti (1 1/2 oz. Lean Ground Turkey, 1/2 cup Whole Wheat Pasta (WG), mixed in tomato sauce); 1/2 cup mixed green salad shredded carrots and tomatoes; 1/4 cup fresh oranges slices; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Snack 1/2 Serving of Gold Fish Pretzels served with 1/2 cup of unsweetened applesauce</p>	<p>23</p> <p>Breakfast 1/2 cup of fresh raspberries 1/4 cup of Warm Oatmeal (WG) ; 1/2 Toast; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch 1 1/2 oz. Oven-Baked Parmesan Chicken , 1/4 cup steamed broccoli and carrots, 1/4 cup fresh apple slices, 1/2 whole wheat bread, 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Snack 1/2 cup of fresh banana slices with 2 Square Graham Crackers; 4 oz. nonfat milk, Lactaid milk or Soy</p>	<p>24</p> <p>Breakfast Build Your Own Parfait: (1/3 cup of <u>granola</u>, 2 oz. of non-fat yogurt, 1/2 cup of strawberries and sliced banana); 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch 1/2 turkey breast on <u>whole wheat bread (WG)</u> with tsp light mayonnaise 1 slice of bread , 1 1/2 oz. cooked meat Lettuce and Tomato, 1/4 cup Zucchini & red pepper Sticks 1/4 cup grapes Slices; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Snack 1/2 serving of a Banana muffin; with 1/2 oz. of sliced cheddar cheese</p>	<p>25</p> <p>Breakfast 1/2 cup fresh blueberries/strawberries; 3/4 cup WG Rice Chex; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch Taco Salad: 1oz. ground beef ,.5 oz. shredded cheddar cheese marinated; 1/4 cup pinto beans; 1/4 cup shredded lettuce, cilantro and diced tomato, 1/4 cup fresh apples, 1/4 cup Spanish (brown rice) (WG); 6 oz. nonfat milk, Lactaid milk or Soy Optional: Corn Tortilla Chips on side.</p> <p>Snack 1/2 cup of strawberries with 10 whole grain Cheese Its</p>	<p>26</p> <p>Breakfast Breakfast Jack: (scrambled eggs mixed with crumbled turkey sausage and shredded cheese served on a 1/2 oz. whole wheat bun; 1/2 cup fresh orange slices and 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch Oven baked fish 4 oz.; 1/4 cup broccoli; 1/4 cup watermelon; 1/4 cup cooked Quinoa (WG); 6 fluid oz. of nonfat milk/Lactaid Milk</p> <p>Take Home Snack Cutie Orange; 2 square graham crackers (2 crackers)</p>
<p>29</p> <p>Breakfast 1/2 cup of sliced oranges; 1/4 Cup of Cinnamon and Raisin Oatmeal WG; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch Tender Beef Strips (1.5 oz); 1/4 cup of mixed squash; 1/2 serving of corn bread; 1/4 cup of applesauce; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Snack .5 oz Serving of a Wild Rice cake (optional); .5 oz of sliced Cheddar Cheese with 1/2 cup 100% apple juice</p>	<p>30</p> <p>Breakfast 1/2 cup of fresh blueberries; 1/2 serving of a homemade Banana Muffin; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch Grill Cheese and Tomato Soup: 1.5 oz. melted Cheddar Cheese on 1 slice whole wheat bread (WG); 1/4 cup steamed broccoli and carrots; 1/4 cup fresh strawberries ; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Snack 1/2 cup of Sliced Apples served with 1 oz. of Peanut butter.</p>	<p>31</p> <p>Breakfast Quesadilla: .5 oz. melted jack cheese mixed with diced spinach, ham, potatoes and scrambled eggs folded in to 1/2 oz. whole wheat tortilla; served with 1/2 cup sliced fresh oranges; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Lunch PPJ: (3 tbsp peanut butter on 1 slice of whole wheat bread (WG); 1 oz String Cheese; 1/4 cup carrot chips, carrots and celery; 1/4 cup mixed fruit (pears and peaches) 6 oz. nonfat milk, Lactaid milk or Soy</p> <p>Snack 1/2 cup of Apple Sauce and Ritz Crackers (4)</p>	<p>Paya is available at all times.</p>  <div style="border: 1px solid purple; padding: 10px; margin: 10px auto; width: fit-content;"> <p>“This institution is an equal opportunity provider” Reviewed by a Registered Dietician Nutritionist</p> </div>	<p>Parent Must have an updated Medical Statement Request Special Meals And/or Accommodations</p> <p>Please inform us of your child's dietary restrictions. For those who have allergies, alternatives are available.</p> <p>Lactaid and Soy milk are available for those with lactose intolerance”</p>