



August 2019

Cycle Weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1 B-English Muffins/fruit L- Pizza rounds /Mixed veggies/Oranges Am S-Animal crackers/fruit Pm S-Apples/ cracker	2 B- Cheerios/Fresh Fruit L-Sloppy Joes/Peas /Applesauce AM S- Bananas/ veggie crackers PM S- Veggies Straws/ Fruit	
	5 B - Rice Krispies/fresh fruit L - Turkey Sandwich Carrots/Applesauce AM S - Cottage Cheese/Chex Mix PM S - Nilla Wafers/Apples	6 B - Bagels/Cream cheese/fruit L - Chicken Nuggets Green Beans/Peaches AM S - Crackers/berries PM S - Rice Cakes w/ cream cheese	7 B - Cheerios/Orange Slices L -Cheese Sandwich Corn/Pear AM S - Yogurt/fruit PM S - Fruit Kabobs & cheese	8 B - English Muffin/Berries L - French Toast Stix/Ham Peas/Pineapple AN S - Grapes/Grahams PM S - Fruit/Veggie Crackers	9 B - Blue berry muffin & milk L - Hot dogs/Mixed Veggies/Fruit Cocktail AMS - Graham crackers and soy butter PM snack - Chex mix /fruit	
	12 B -Bagels w/ Cream Cheese/juice L - Ham sandwich Peas/Pineapple AM S - Mixed Fruit/Rice Cakes PM S -Cottage Cheese &	13 B - Cheerios/orange slices L - Corn Dogs Mixed Veggies/Applesauce AM S - Apples/Veggie crackers PM S - Chex Mix/Fruit	14 B - Toast & Jelly/Apple slices L Meatballs & mashed potatoes/ Corn/Peaches AM S - Nila Wafers/Raisins PM S - Fruit Kabobs	15 B - English muffin with soy butter/fruit L - Fish Sticks Green beans/Fruit Cocktail AM S - Graham Cracker/Fruit PM S - Apple slices/pretzels	16 B - Rice Krispies/Fruit L - Pizza Rounds Carrots & Pears AM S - Animal crackers & raisins PM S - Cheese slices/Crackers	
	19 B - Oatmeal & fruit L - Turkey Sandwich Peas/pears AM S -Fresh Fruit /Nilla Wafers PM S - Berry Parfaits	20 B - Toast & Jelly/Banana L - Cheese quesadillas/Corn & Pineapple AM S - Pretzels/Fruit PM S - Cheese and crackers	21 B - English Muffins & Blueberries L - Mac & Cheese Mixed veggies/Fruit Cocktail AM S -Raisins/Crackers PM S - Mini Rice Cakes/fruit	22 B - Blue berry muffins/fresh fruit L - Pancakes & Ham Green Beans/Peaches AM S - Yogurt/Graham PM S - Apple Cars	23 B- Rice Krispies/Fresh Fruit L-Soy butter & jelly Carrots/Applesauce AM S- Bananas/ animal crackers PM S- Veggies Straws/ Fruit	
B = Breakfast L = Lunch S = Snacks	26 B - Bagels with cream cheese/fruit L - Chicken Nuggets/ Corn /Fruit Cocktail AM S -Cheese & Crackers PM S - Chex Mix/Fruit	27 B-Rice Krispies/fresh fruit L - Cheese Sandwich/Green beans/pears AM S - Veggie crackers apples PM S - Graham Crackers/Soy butter	28 B- English muffins/soy butter/juice L-Scrambled eggs Carrots/Applesauce AM S- Bananas/ animal crackers	29 B - Cinnamon toast/apples L - Waffles & Sausage/Mixed veggies & Pineapple AM S - Cottage cheese & fruit PM S - Pretzels & Cheese	30 B - Cheerios & fruit L - Mac & Cheese/Peas/Peaches AM S - Bananas/Nilla wafer PM S - Berry Parfaits	Milk served with breakfast and lunch. Water for snacks unless otherwise stated