



August 2022

Cycle Weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 B-Rice Krispies/fresh fruit L - Cheese Sandwich/Green beans/pears AM S - Veggie crackers apples PM S - Graham Crackers/Soy butter	2 B- English muffins/soy butter/juice L-Chicken nuggets Carrots/Applesauce AM S- Bananas/ animal crackers	3 B - Cheerios & fruit L - Mac & Cheese/Peas/Peaches AM S - Bananas/Nilla wafer PM S - Berry Parfaits	4 B-English Muffins/fruit L- Ham Sandwich /Mixed veggies/Oranges Am S-Animal crackers/fruit Pm S-Apples/ cracker	5 B- Cheerios/Fresh Fruit L-Waffles & Sausage/Corn/ Fruit cocktail AM S-Raisins/ veggie crackers PM S- Veggies Straws/ Fruit	
	8 B - Rice Krispies/fresh fruit L -Turkey Sandwich Carrots/Applesauce AM S - Cottage Cheese/Chex Mix PM S - Nilla Wafers/Apples	9 B - Bagels/Cream cheese/fruit L - Spaghetti Green Beans/Peaches AM S - Crackers/berries PM S - Rice Cakes w/ cream cheese	10 B - Cheerios/Orange Slices L -Sloppy Joes/ Corn/Pear AM S - Yogurt/fruit PM S - Fruit Kabobs & cheese	11 B - English Muffin/Berries L - French Toast Stix/Ham Peas/Pineapple AN S - Grapes/Grahams PM S - Fruit/Veggie Crackers	12 B - Blue berry muffin & milk L - Hot dogs/Mixed Veggies/Fruit Cocktail AMS - Graham crackers and soy butter PM snack - Chex mix /fruit	
	15 B -Bagels w/ Cream Cheese/juice L - Ham sandwich Peas/Pineapple AM S - Mixed Fruit/Rice Cakes PM S -Cottage Cheese & Crackers	16 B - Cheerios/orange slices L - Corn Dogs Mixed Veggies/Applesauce AM S - Apples/Veggie crackers PM S - Chex Mix/Fruit	17 B - Toast & Jelly/Apple slices L Meatballs & Noodles / Corn/Peaches AM S - Nila Wafers/Raisins PM S - Fruit Kabobs	18 B - English muffin with soy butter/fruit L - Fish Sticks Green beans/Fruit Cocktail AM S - Graham Cracker/Fruit PM S - Apple slices/pretzels	19 B - Rice Krispies/Fruit L - Pizza Carrots & Pears AM S - Animal crackers & raisins PM S - Cheese slices/Crackers	
	22 B - Oatmeal & fruit L - Turkey Sandwich Peas/pears AM S -Fresh Fruit /Nilla Wafers PM S - Berry Parfaits	23 B - Toast & Jelly/Banana L - Cheese quesadillas/Corn & Pineapple AM S - Pretzels/Fruit PM S - Cheese and crackers	24 B - English Muffins & Blueberries L Hot dogs/ Mixed veggies/Fruit Cocktail AM S -Raisins/Crackers PM S - Mini Rice Cakes/fruit	25 B - Blue berry muffins/fresh fruit L - Pancakes & Ham Green Beans/Peaches AM S - Yogurt/Graham PM S - Apple Cars	26 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	29 B - Bagels with cream cheese/fruit L - Chicken Nuggets/ Corn /Fruit Cocktail AM S -Cheese & Crackers PM S - Chex Mix/Fruit	30 B- Cereal & bananas L Mac & Cheese/Green beans/Peaches AM S Raisins and Grahams PM S Yogurt & crackers	31 B- Toast & fruit L - Pizza rounds Carrots/pears AM S- Nilla wafers & raisins PM S - Grahams & soy butter			Milk served with breakfast and lunch. Water for snacks unless otherwise stated