

Week of 8-7-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Milk</i> 	<p>Bagels w/Cream Cheese</p> <p>Orange Slices</p> <p>Milk</p>	<p>Pancakes</p> <p>Blue/Strawberries</p> <p>Milk</p>	<p>Oatmeal</p> <p>Blueberries</p> <p>Milk</p>	<p>Cereal</p> <p>Orange Slices</p> <p>Milk</p>	<p>Cinnamon Sugar Toast</p> <p>Apple Slices</p> <p>Milk</p>
<p><u>Lunch</u></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Fruit/Vegetable</i> <i>Milk</i> 	<p>Tuna Melt</p> <p>(Bread)</p> <p>Pickles</p> <p>Apple Slices</p> <p>Milk</p>	<p>Cowboy Stew</p> <p>Crackers</p> <p>Beans</p> <p>Pineapple</p> <p>Milk</p>	<p>Italian Pasta Salad w/ Pepperoni</p> <p>(Noodles)</p> <p>Tomatoes & Black Olives</p> <p>Peaches</p> <p>Milk</p>	<p>Ham Sandwich w/ Cheese</p> <p>(Bread)</p> <p>Carrots</p> <p>Bananas</p> <p>Milk</p>	<p>Asian Spaghetti w/ Chicken</p> <p>(Noodles)</p> <p>Oriental Veggies</p> <p>Mandarin Oranges</p> <p>Milk</p>
<p><u>Snack</u></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <i>Milk</i> <i>Bread/grain</i> <i>Fruit/vegetable</i> <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> 	<p>Fruit</p> <p>Cottage Cheese</p>	<p>Ranch Oyster Crackers</p> <p>Fruit Juice</p>	<p>Milk</p> <p>Brownies</p>	<p>Cheerios</p> <p>Applesauce</p>	<p>Snack Mix</p> <p>Fruit Juice</p>

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

*Denotes fresh or frozen items.

**Denotes use of whole grain product.

#Denotes Gluten Free

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 8-14-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Bread/grain • Fruit/vegetable • Milk 	<p>English Muffins w/Jelly</p> <p>Pineapple</p> <p>Milk</p>	<p>Coffee Cake</p> <p>Bananas</p> <p>Milk</p>	<p>Buttered Toast</p> <p>Mandarin Oranges</p> <p>Milk</p>	<p>Chocolate Chip Banana Muffins</p> <p>Bananas</p> <p>Milk</p>	<p>Cereal</p> <p>Orange Slices</p> <p>Milk</p>
<p><u>Lunch</u></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans) • Bread/grain • Fruit/vegetable • Fruit/Vegetable • Milk 	<p>Pepperoni & Cheese Quesadillas</p> <p>(Tortilla)</p> <p>Mixed Veggies</p> <p>Watermelon</p> <p>Milk</p>	<p>Biscuits & Sausage Gravy</p> <p>(Biscuits)</p> <p>Tater Tots</p> <p>Apple Sauce</p> <p>Milk</p>	<p>Beef Stew</p> <p>Crackers</p> <p>Potatoes/Corn</p> <p>Mixed Fruit</p> <p>Milk</p>	<p>Rotoni w/Meat Sauce</p> <p>(Noodles)</p> <p>Green Beans</p> <p>Apple Sauce</p> <p>Milk</p>	<p>Grilled Cheese</p> <p>(Bread)</p> <p>Tomato Soup</p> <p>Grapes</p> <p>Milk</p>
<p><u>Snack</u></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Bread/grain • Fruit/vegetable • Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans) 	<p>Milk</p> <p>Graham Crackers</p>	<p>Tortilla Chips</p> <p>Cheese Sauce</p>	<p>Cucumbers</p> <p>Summer Sausage</p>	<p>Pretzels</p> <p>Fruit Juice</p>	<p>Milk</p> <p>White Chocolate Cranberry Cookie Bars</p>

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Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 8-21-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Bread/grain • Fruit/vegetable • Milk 	<p>Bagels w/Cream Cheese</p> <p>Apple Slices</p> <p>Milk</p>	<p>National Eat Peaches Day</p> <p>Pancakes</p> <p>Blue/Strawberries</p> <p>Milk</p>	<p>Oatmeal</p> <p>Apples & Craisins</p> <p>Milk</p>	<p>Coffee Cake</p> <p>Pineapple</p> <p>Milk</p>	<p>Cheese Toast</p> <p>Bananas</p> <p>Milk</p>
<p>Lunch</p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans) • Bread/grain • Fruit/vegetable • Fruit/Vegetable • Milk 	<p>Cheeseburger Casserole w/ Beef</p> <p>(Noodles)</p> <p>Tomatoes</p> <p>Pears</p> <p>Milk</p>	<p>Chicken & Rice</p> <p>(Rice)</p> <p>Corn</p> <p>Peaches</p> <p>Milk</p>	<p>Turkey & Cheese Wrap</p> <p>(Tortilla)</p> <p>Orange Slices</p> <p>Bananas</p> <p>Milk</p>	<p>Sombrero Pasta Salad w/Beef</p> <p>(Noodles)</p> <p>Tomatoes & Black Olives</p> <p>Pears</p> <p>Milk</p>	<p>BBQ Chicken Sliders</p> <p>(Sweet Rolls)</p> <p>Baked Beans</p> <p>Apple Slices</p> <p>Milk</p>
<p>Snack</p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Bread/grain • Fruit/vegetable • Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans) 	<p>Fruit</p> <p>Yogurt</p>	<p>Oyster Crackers</p> <p>Cheese</p>	<p>Saltines</p> <p>Carrots</p>	<p>Milk</p> <p>S'more Bars</p>	<p>Snack Mix</p> <p>Fruit Juice</p>

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Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 8-28-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast</u></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • <i>Bread/grain</i> • <i>Fruit/vegetable</i> • <i>Milk</i> 	<p>English Muffins w/Jelly</p> <p>Pineapple</p> <p>Milk</p>	<p>Cinnamon Sugar Toast</p> <p>Peaches</p> <p>Milk</p>	<p>Strawberry Muffins</p> <p>Mandarin Oranges</p> <p>Milk</p>	<p>National Eat Outside Day</p> <p>Cereal</p> <p>Bananas</p> <p>Milk</p>	
<p><u>Lunch</u></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> • <i>Bread/grain</i> • <i>Fruit/vegetable</i> • <i>Fruit/Vegetable</i> • <i>Milk</i> 	<p>Macaroni & Cheese</p> <p>(Noodles)</p> <p>Peas</p> <p>Applesauce</p> <p>Milk</p>	<p>Cheese & Black Bean Quesadillas</p> <p>(Tortilla)</p> <p>Black Beans</p> <p>Watermelon</p> <p>Milk</p>	<p>Chicken Ranch Pasta Salad</p> <p>(Noodles)</p> <p>Peas</p> <p>Pears</p> <p>Milk</p>	<p>Ham Sandwiches</p> <p>(Bread)</p> <p>Cucumbers</p> <p>Pineapple</p> <p>Milk</p>	<p>Closed</p>
<p><u>Snack</u></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • <i>Milk</i> • <i>Bread/grain</i> • <i>Fruit/vegetable</i> • <i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i> 	<p>Broccoli</p> <p>Cheese</p>	<p>Milk</p> <p>Chocolate Chip Cookie Bars</p>	<p>Cheerios</p> <p>Applesauce</p>	<p>Milk</p> <p>Graham Crackers</p>	

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