

# AUGUST MENU

## SCHOOL AGE

MONDAY 8/12	TUESDAY 8/13	WEDNESDAY 8/14	THURSDAY 8/15	FRIDAY 8/16
<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. CORNFLAKES ½ C. PEARS 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>BOLOGNA SANDWICH</i></p> <p>1 oz. BOLOGNA &amp; 1 oz. CHEESE 1 oz. W.W. BREAD ½ C. LETTUCE &amp; TOMATOES ¼ C. PINEAPPLE CHUNKS 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>¾ C. 100% APPLE JUICE 1oz. RITZ</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. EGG CASSEROLE ½ C. TANGERINE 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>TUNA MELTS</i></p> <p>1 oz. W.W. ENGLISH MUFFIN 1 oz. TUNA &amp; 1 oz. SLICED CHEESE ½ C. GREEN BEANS ¼ C. GRAPES 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>¾ C. KIWI 1 oz. GRAHAM CRACKERS</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. W.G. WAFFLE ½ C. BERRIES 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>BROCCOLI CHICKEN ALFREDO</i></p> <p>1 oz. PASTA 2 oz. CHICKEN ½ C. BROCCOLI ¼ C. ORANGES 8oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1 oz. SALTINES W/ CREAM CHEESE RANCH SPREAD 1 oz. CARROT STICKS</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1oz. W.G. SHREDDED WHEAT ½ C. BANANAS 8oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>BEEF STROGANOFF</i></p> <p>2 oz. GROUND BEEF 1 oz. NOODLES ½ C. PEAS &amp; CARROTS ¼ C. FRUIT COCKTAIL 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>¾ C. GREEN APPLES 1oz. STING CHEESE</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. OATMEAL ¼ C. MELON &amp; ¼ C. RAISINS 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>PICNIC LUNCH CHICKEN BURGER</i></p> <p>2 oz. CHICKEN PATTY 1oz. W.W BUN ½ C. LETTUCE &amp; TOMATOES ¼ C. WATERMELON 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>¾ C. PEACHES 1 oz. PRETZELS</p>
MONDAY 8/19	TUESDAY 8/20	WEDNESDAY 8/21	THURSDAY 8/22	FRIDAY 8/23
<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1oz. RAISIN BREAD &amp; BUTTER ½ C. APPLES 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>TURKEY SAND.</i></p> <p>2 oz. DELI TURKEY ½ C. GREEN SALAD W/DRESS. 1oz. W.W. BREAD ¼ C. MANDARIN ORANGES 8oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1 oz. W.W.TORTILLA 2 TBS. WOW BUTTER</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1oz. MINI BAGEL W/CREAM CHEESE ½ C. STRAWBERRIES 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>BEAN &amp; CHEESE BURRITOS</i></p> <p>1 ½ oz. BEANS &amp; ½ oz. CHEESE 1oz. W.W. TORTILLA ½ C. CARROT STICKS /RANCH ¼ C. ORANGES 8oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1oz. CHEERIOS MIX 8 oz. MILK</p>	<p style="text-align: center;"><b><u>First Day of GUSD BREAKFAST</u></b></p> <p>1 oz. PANCAKES ½ C. BANANAS 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>CHICKEN NUGGETS</i></p> <p>2 oz. CHICKEN NUGGETS 1 oz. SWEET POTATO FRIES ½ C. W.W. SLICE OF BREAD ¼ C. PINEAPPLE 8oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1oz. RITZ CRACKERS 1 oz. CHEESE CUBES</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. OATMEAL ¼ C. PEACHES &amp; ¼ C. RAISINS 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>MEATBALL SLIDERS</i></p> <p>1 ½ oz. MEATBALLS &amp; ½ oz. CHEESE 1 oz. HAWAIIAN ROLL ¼ C. COLESLAW &amp; ¼ C. SPAGHETTI ¼ C. TANGERINES SAUCE 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>½ C. YOGURT 1 oz. ANIMAL CRACKERS</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1oz. LIFE CEREAL ½ C. APPLESAUCE 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>GRILLED CHEESE SANDWICHES</i></p> <p>2 oz. GRILLED CHEESE 1oz. W.W. BREAD ½ C CELERY STICKS/RANCH ¼ C GRAPES 8oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>½ GOLDFISH ¾ C. WATERMELON</p>

W.W. = Whole Wheat

W.G. = Whole Grain

Children under 2-Whole Milk Children 2 and older 1% Milk Unflavored Milk

\*\*\*NOTE\*\*\* Fruit selections are subject to change due to availability

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

# AUGUST/SEPT MENU

## SCHOOL AGE

MONDAY 8/26	TUESDAY 8/27	WEDNESDAY 8/28	THURSDAY 8/29	FRIDAY 8/30
<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. W.G. CORN FLAKES ½ C. APPLESAUCE 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>CFC BENTO BOX</i></p> <p>1 oz. RITZ CRACKERS 1 oz. CHEESE 1 oz. HAM ½ C. CUCUMBER SLICES ¼ C. TANGERINE 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1 oz. RITZ CRACKERS ½ oz. PINEAPPLE CHUNKS</p>	<p style="text-align: center;"><b>NATIONAL BANANA LOVERS DAY</b></p> <p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. WAFFLES ½ c. BANANAS 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>MACARONI &amp; CHEESE w/ HAM</i></p> <p>1oz. MACARONI 1 ½ oz. CHEESE &amp; ½ oz. HAM ½ C. YELLOW SQUASH ¼ C. PEACHES 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1 oz. W.W. PITA BREAD w/ HUMMUS ¾ C. CELERY</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. FRENCH TOAST STICKS ½ C. FRUIT COCKTAIL 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>SPAGHETTI</i></p> <p>1oz. PASTA 2 oz. MEAT w/SAUCE ½ C. COOKED ZUCCHINI ¼ C. RED APPLES 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1oz. ANIMAL CRACKERS ¾ C. 100% JUICE</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. W.G. OVERNIGHT OATS ½ C. GREEN APPLES 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>TERIYAKI DRUMSTICKS</i></p> <p>2 oz. CHICKEN DRUMSTICK 1 oz. RAINBOW RICE ½ C. MIXED VEGETRABLES ¼ C. KIWI 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1 oz. GRAHAM CRACKERS ¼ C. YOGURT</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. ENGLISH MUFFINS w/ MELTED CHEESE SLICE ½ C. ORANGES 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>CHILI CHEESE POTATOES</i></p> <p>1 oz. BEANS &amp; 1 oz. GROUND BEEF ½ C. BAKED POTATOES 1 oz. W.W. SLICE OF BREAD ¼ C. GRAPES 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1oz. MOZZERELLA STICKS PASTA SAUCE 8 oz. MILK</p>
MONDAY 9/2	TUESDAY 9/3	WEDNESDAY 9/4	THURSDAY 9/5	FRIDAY 9/6
<p style="font-size: 2em; font-weight: bold;">CFC CLOSED</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. MINI BAGELS w/ CREAM CHEESE ½ C. GRAPES 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>FISH TACOS</i></p> <p>2 oz. FISH STICKS ½ C. COLESLAW 1 ¼ C. W.G. CORN TORTILLA ¼ C. PINEAPPLE 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>½ HARD BOILED EGG 1 oz. PRETZELS</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. W.G. CHEERIOS ½ C. TANGERINE 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>CHICKEN TENDERS</i></p> <p>1 oz. W.W. SLICED BREAD 2 oz. CHICKEN TENDERS ½ C. GREEN BEANS ¼ C. ORANGES 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>¾ C. CARROTS &amp; CELERY STICKS w/ RANCH 1 oz. WHEAT THINS</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. W.G. SHREDDED WHEAT ½ C. BANANAS 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>BEEF TOSTADAS</i></p> <p>2 oz. GROUND BEEF ¼ C. REFRIED BEANS 1/8 C. LETTUCE &amp; 1/8 TOMATOES 1 oz. TOSTADA SHELL- SALSA ¼ C. PEARS 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1 oz. MULTIGRAIN CRACKERS 1 oz. CHEESE CUBES</p>	<p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>1 oz. PANCAKE ½ C. BERRIES 8 oz. MILK</p> <p style="text-align: center;"><b><u>LUNCH</u></b> <i>CHICKEN NUGGETS</i></p> <p>2 oz. CHICKEN NUGGETS 1 sm. CORN COBLETTS 1 oz. W.W. SLICE BREAD ¼ C. PEACHES 8 oz. MILK</p> <p style="text-align: center;"><b><u>SNACK</u></b></p> <p>1 oz. GOLD FISH ¾ C. GRAPES</p>

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