

# August 2018



Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM: Cereal bar & fresh fruit L: Turkey & cheese sandwiches on whole wheat, fresh fruit, carrot sticks & milk PM: Organic animal crackers & milk	2 AM: Cereal & milk L: Chicken corn dogs, green beans, orange slices & milk PM: Cheese sticks and Club crackers	3 AM: Lowfat yogurt & organic animal crackers L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Snack mix & fresh fruit
6 AM: Orange slices & graham crackers L: Pasta with butter and Parmesan cheese, fresh fruit & milk PM: String cheese & pretzels	7 AM: Toasted English muffin & milk L: Vegetarian bean and cheese burritos, fresh fruit & milk PM: Orange slices & organic animal crackers	8 AM: Lowfat yogurt & fresh fruit L: Turkey slider on a roll, fresh fruit & milk PM: Pretzels & raisins	9 AM: Fresh fruit with organic animal crackers L: Chicken nuggets, peas, mashed potatoes & milk PM: Fresh fruit & snack mix	10 AM: Graham crackers & milk L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Goldfish crackers & raisins
13 AM: Cereal & milk L: Cheese pizza, green beans, orange slices & milk PM: Cheez-Its & fresh fruit	14 AM: Cereal bar & apples L: Roasted chicken strips w/ BBQ dipping sauce, rice, mixed veggies & milk PM: Cheese sticks & Ritz crackers	15 AM: Toasted bagel & milk L: Pasta with marinara sauce, mixed veggies & milk PM: Graham crackers & orange slices	16 AM: Lowfat yogurt & organic animal crackers L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: Unsweetened applesauce and Club crackers	17 AM: Graham crackers & bananas L: Cheesy scrambled eggs, tater tots, fresh fruit & milk PM: Snack mix & fresh fruit
20 AM: Cereal & milk L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges & milk PM: Cheese sticks & Club crackers	21 AM: French toast sticks and fresh fruit L: Turkey sloppy Joes, fresh fruit, green beans & milk PM: Pretzels & raisins	22 AM: Cinnamon wheat toast & milk L: Pasta Alfredo, steamed broccoli, fresh fruit & milk PM: Fresh fruit & organic animal crackers	23 AM: Lowfat yogurt & organic animal crackers L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Cheese slices & crackers	24 AM: Fresh fruit & Graham crackers L: Fish sticks, rice, fresh fruit & milk PM: Goldfish crackers & raisins
27 AM Snack: Bagels with Cream Cheese L: Chicken taquitos, rice, fresh fruit and milk PM: Fruit with Cheese-Itz	28 AM: Cereal and milk L: English muffin pizza, green beans and fresh fruit PM: Goldfish and Raisins	29 AM: Waffles and fruit L: Turkey and cheese slices with crackers, fresh fruit and milk PM: Fresh Fruit, Milk PM: Cheese sticks and crackers	30 AM: Cinnamon toast and fruit L: Spaghetti with marinara sauce, corn and oranges PM: Chex mix and bananas	31 AM: Fresh fruit & graham crackers L: Macaroni & cheese, green peas & milk PM: Goldfish crackers & raisins

\*Breakfast is served from 6:00 – 7:00 am and is always cold cereal, milk and fruit\*