

Breakfast/AM Snack/PM Snack, August 2022

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|--|--|--|---|---|
| 8/1/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Applesauce w/Saltine Crackers Water | 8/2/22 English Muffins w/Jelly Apple Slices and milk Saltine Crackers with Sliced Cheese Water Goldfish Crackers w/Fresh Fruit Milk | 8/3/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Water Saltine Crackers w/Fresh Fruit Milk | 8/4/22 Croissant Apple Slices and milk Goldfish Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water | 8/5/22 Cereal Orange Slices and milk Yogurt w/Saltine Crackers Water Saltine Crackers w/Fresh Fruit Milk |
| 8/8/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Yogurt w/Saltine Crackers Water | 8/9/22 English Muffins w/Jelly Apple Slices and milk Applesauce w/Saltine Crackers Water Goldfish Crackers w/Fresh Fruit Milk | 8/10/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Milk Saltine Crackers with Sliced Cheese Water | 8/11/22 CLOSED FOR STAFF PROFESSIONAL DAY | 8/12/22 CLOSED FOR STAFF PROFESSIONAL DAY |
| 8/15/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Applesauce w/Saltine Crackers Water | 8/16/22 English Muffins w/Jelly Apple Slices and milk Saltine Crackers with Sliced Cheese Water Goldfish Crackers w/Fresh Fruit Milk | 8/17/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Water Saltine Crackers w/Fresh Fruit Milk | 8/18/22 Croissant Apple Slices and milk Goldfish Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water | 8/19/22 Cereal Orange Slices and milk Yogurt w/Saltine Crackers Water Saltine Crackers w/Fresh Fruit Milk |
| 8/22/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Yogurt w/Saltine Crackers Water | 8/23/22 English Muffins w/Jelly Apple Slices and milk Applesauce w/Saltine Crackers Water Goldfish Crackers w/Fresh Fruit Milk | 8/24/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Milk Saltine Crackers with Sliced Cheese Water | 8/25/22 Croissant Apple Slices and milk Saltine Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water | 8/26/22 Cereal Orange Slices and milk Yogurt w/Graham Crackers Water Goldfish Crackers w/Fresh Fruit Milk |
| 8/29/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Applesauce w/Saltine Crackers Water | 8/30/22 English Muffins w/Jelly Apple Slices and milk Saltine Crackers with Sliced Cheese Water Goldfish Crackers w/Fresh Fruit Milk | 8/31/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Water Saltine Crackers w/Fresh Fruit Milk | | |

This institution is an equal opportunity provider.

Milk must be served with breakfast & some snacks:

***Whole Milk for children under the age of 2, 1% Milk for children over the age of 2**

Cereals may include: Cheerios, Chex Mix, or Rice Krispies

Fresh fruits may include: apples, oranges or pears. Fresh fruits are served as they are in season and as they become available on the produce market.



August 2022 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 1 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit | 2 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 3 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit | 4 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit | 5 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 8 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 9 (V) Whole grain pizza* Garden salad Fresh fruit | 10 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit | 11 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit | 12 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit |
| 15 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 16 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit | 17 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 18 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit | 19 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |
| 22 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit | 23 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 24 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit | 25 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 26 (V) Lasagna Tossed salad Fresh fruit |
| 29 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 30 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 31 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | <i>Age-appropriate milk must be served with lunch</i> | |
| <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> | | | | |

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan

Breakfast/AM Snack/PM Snack, September 2022

| | | | | |
|--|--|--|---|---|
| | | | 9/1/22 Croissant Apple Slices and milk Goldfish Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water | 9/2/22 Cereal Orange Slices and milk Yogurt w/Saltine Crackers Water Saltine Crackers w/Fresh Fruit Milk |
| 9/5/22 CLOSED FOR LABOR DAY | 9/6/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Yogurt w/Saltine Crackers Water | 9/7/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Milk Saltine Crackers with Sliced Cheese Water | 9/8/22 Croissant Apple Slices and milk Saltine Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water | 9/9/22 Cereal Orange Slices and milk Yogurt w/Graham Crackers Water Goldfish Crackers w/Fresh Fruit Milk |
| 9/12/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Applesauce w/Saltine Crackers Water | 9/13/22 English Muffins w/Jelly Apple Slices and milk Saltine Crackers with Sliced Cheese Water Goldfish Crackers w/Fresh Fruit Milk | 9/14/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Water Saltine Crackers w/Fresh Fruit Milk | 9/15/22 Croissant Apple Slices and milk Goldfish Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water | 9/16/22 Cereal Orange Slices and milk Yogurt w/Saltine Crackers Water Saltine Crackers w/Fresh Fruit Milk |
| 9/19/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Yogurt w/Saltine Crackers Water | 9/20/22 English Muffins w/Jelly Apple Slices and milk Applesauce w/Saltine Crackers Water Goldfish Crackers w/Fresh Fruit Milk | 9/21/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Milk Saltine Crackers with Sliced Cheese Water | 9/22/22 Croissant Apple Slices and milk Saltine Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water | 9/23/22 Cereal Orange Slices and milk Yogurt w/Graham Crackers Water Goldfish Crackers w/Fresh Fruit Milk |
| 9/26/22 CLOSED FOR ROSH HASHANAH | 9/27/22 English Muffins w/Jelly Apple Slices and milk Saltine Crackers with Sliced Cheese Water Goldfish Crackers w/Fresh Fruit Milk | 9/28/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Water Saltine Crackers w/Fresh Fruit Milk | 9/29/22 Croissant Apple Slices and milk Goldfish Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water | 9/30/22 Cereal Orange Slices and milk Yogurt w/Saltine Crackers Water Saltine Crackers w/Fresh Fruit Milk |

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September 2022 – Lunch

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| 5 CLOSED FOR LABOR DAY | 6 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit | 7 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 8 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit | 9 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit |
| 12 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 13 (V) Whole grain pizza* Garden salad Fresh fruit | 14 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit | 15 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit | 16 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit |
| 19 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 20 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit | 21 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 22 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit | 23 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |
| 26 CLOSED FOR ROSH HASHANAH | 27 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 28 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit | 29 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 30 (V) Lasagna Tossed salad Fresh fruit |

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