



				10-Aug	11-Aug	12-Aug	13-Aug	14-Aug
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Cinnamon Chex Cereal	WG Raisin Bread/Margarine	WG Special K Cereal	Bagel w/ Cream Cheese	WG Blueberry Bread
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Pineapple Tidbits
MEAT/	1 oz.	1 1/2 oz.	2 oz.	Sloppy Joe Meat	Parsley Lemon Chicken	Beef and Pasta (3/4 c.)	BBQ Chicken	Beef Patty and Gravy
MEAT ALT				(1 1/2 oz. Ground Beef, 1 oz. Tomato Sauce)		(1 1/2 oz. beef, oz. Sauce)	(2 oz. Chicken Thigh Meat)	
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bun	WG Breadstick	WG Elbow Macaroni	Cornbread	WG Wheat Roll
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Home Fried Potatoes	Green Beans	Broccoli	Baked Beans	Glazed Baby Carrots
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Mandarin Orange Segments	Sliced Peaches	Fresh Melon	Fresh Banana
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Margarine Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Pretzel Sticks	Club Crackers	WG Pita Pocket	Snack Mix (1/2c)	Shortbread Crackers(1 bag)
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.				Fresh Strawberries	
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.	Sunflower Butter	Cheddar Cubes	Chicken Salad		Yogurt Cup (4oz)

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Foodservice Menu

				17-Aug	18-Aug	19-Aug	20-Aug	21-Aug
				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-2 YRS	3-5 YRS	6+ YRS						
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Life Cereal	WG Muffin (1.8oz)	WG Chex Cereal	Bagel w/ Cream Cheese	WG Pumpkin Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Fresh Blueberries
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Pineapple Chicken	Chicken Strips	Macaroni and Cheese (3 oz Cheddar Cheese Sauce 3 oz WG Elbow Macaroni)	Meatballs and Sauce Shredded Mozzarella	Sliced Teriyaki Chicken (Chicken Thigh Meat)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Coconut Rice	WG Cornbread		WG Hot Dog Bun	Asian Noodles
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Cooked Carrots	Broccoli	Green Beans	Potato Wedges	Zucchini and Red Peppers
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Pineapple Tidbits	Fresh Melon	Mandarin Orange Segments	Fresh Banana (1/2)
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers	Graham Crackers	Tortilla	WG Crackers	Mini Pretzels
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana				Fresh Baby Carrots
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		Yogurt Cup (4oz)	Sliced Turkey/Cheese	Cheddar Cubes	(Ranch Dressing)

				24-Aug	25-Aug	26-Aug	27-Aug	28-Aug
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bran Flakes	WG Muffin (1.8oz)	WG Cherrios Cereal	Bagel w/ Cream Cheese	WG Apple Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Chicken Patty	Beef Taco Meat (Seasoned Ground Beef)	Chicken Philly (2 oz. Chicken, Peppers and Onions)	Beef and Chicken Meatballs	WG Cheese Calzone
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Burger Bun	WG Flour Tortilla	WG Hot dog Bun	Pasta and Sauce	WG Crust
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Ginger Carrots	Fiesta Corn	Tater Tots	Green Beans	Romaine Salad
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits	Mandarin Orange Segments	Fresh Melon	Fresh Banana (1/2)
					Shredded Lettuce/Cheese	Shredded Mozzarella		Ranch Dressing
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Taco Sauce	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers(1 bag)	WG Pita Bread	Graham Crackers	WG Goldfish Crackers(1/3c)	Granola
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana	Sliced Cucumbers/Ranch	Fresh Apple Wedges	Diced Pears	(Blueberries)
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					Vanilla Yogurt

*Serve only WHOLE MILK to children between the ages of 1 and 2. Serve only 1% or SKIM MILK to children ages 2 and older.

** Meat and Cheese: 1 oz.=1 ounce, 1/2 EGG=1 oz., 1/2 c. BEANS/PEAS=1 oz., 2 Tbsp SEED BUTTER=1 oz., 1/2 c. YOGURT=1 oz.

WG next to item=WHOLE GRAIN. At least 1 item per day MUST be whole grain

oz eq=OUNCE EQUIVALENT

WATER IS AVAILABLE UPON CHILDREN'S REQUEST AT ALL TIMES

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Foodservice Menu

				31-Aug	1-Sep	2-Sep	3-Sep	4-Sep
1-2 YRS	3-5 YRS	6+ YRS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Kix Cereal	WG Muffin (1.8 oz)	Corn Flakes Cereal	Bagel w/ Cream Cheese	WG Banana Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Fresh Strawberries
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Chicken Nuggets (4)	Chicken Taco	Swedish Meatballs (4 Meatballs, 1 oz. Sauce)	Greek Chicken	Cheese Pizza Bagel (Mozzarella and Sauce)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Cornbread	WG Flour Tortilla	WG Rotini Noodles	Pita Bread	WG Bagel
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Baby Carrots	Black Beans	Peas	Green Beans	Potato Wedges
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits	Fresh Melon	Mandarin Orange Segments	Fresh Banana (1/2)
					Shred Lettuce/Cheddar		Tzatziki Sauce	
							Sliced Tomatoes	
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Goldfish Crackers(1/3c)	Ritz Crackers(5)	Annies Bunny Grahams	WG Pita Bread	Diced Peaches
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Pineapple Tidbits		Fresh Apple Wedges	Fresh Baby Carrots/Ranch	
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		String Cheese			Yogurt Cup (4oz)

*Serve only **WHOLE MILK** to children between the ages of 1 and 2. Serve only **1% or SKIM MILK** to children ages 2 and older.

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WG next to item=**WHOLE GRAIN**. At least 1 item per day **MUST** be whole grain

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