



MELONS: WATERMELON, CANTELOUPE AND HONEYDEW AUG 2019

	Monday	Tuesday	Wednesday	Thursday 08/01/19	Friday 08/02/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk		*MILK		MULTIGRAIN CHEERIOS KIWI SLICES *MILK	WHOLE WHEAT FRENCH TOAST BANANA SLICES *MILK
<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk				CHEESE & BEEF RAVIOLI WHOLE WHEAT BREAD GREEN BEANS PEAR HALVES *MILK	TURKEY & CHEESE SLIDER WHOLE GRAIN ROLL CUCUMBER SLICES WATERMELON *MILK
<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk				ENRICHED RICE CAKE CANTELOUPE SLICES WATER	WHOLE GRAIN BREADSTICKS 100% APPLE JUICE
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain



MELONS: WATERMELON, CANTELOUPE AND HONEYDEW AUG 2019

	Monday 08/05/19	Tuesday 08/06/19	Wednesday 08/07/19	Thursday 08/08/19	Friday 08/09/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MULTIGRAIN CHEERIOS APRICOT HALVES *MILK	WHOLE WHEAT TOAST SAUSAGE PATTY PEACHES *MILK	WHOLE GRAIN ENGLISH MUFFIN TROPICAL FRUIT *MILK	WHOLE GRAIN TOTAL KIWI SLICES *MILK	WHOLE WHEAT BAGEL PINEAPPLE SLICES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN SALAD ON WHOLE WHEAT BUN BROCCOLI FLORETS/ W/ DIP PINEAPPLE RINGS *MILK	SLICED TURKEY WHOLE WHEAT BREAD CUCUMBER SLICES MANGO SLICES *MILK	BAKED FISH FILLET ENRICHED CORN MUFFIN MASH POTATOES GREEN BEANS *MILK	CHICKEN QUESADILLA WHOLE WHEAT TORTILLA SEASONED CORN REFRIED BEANS *MILK	CHEF SALAD W/ RANCH (TURKEY, CHEESE, BOILED EGG) WHOLE WHEAT BREADSTICKS ORANGE WEDGES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	MULTIGRAIN CHEERIOS APPLE SLICES WATER	ENRICHED GRAHAM CRACKER *MILK	LOWFAT YOGURT FRESH BLUEBERRIES WATER	WHOLE WHEAT CRACKERS ORANGE SLICES WATER	MULTIGRAIN SUN CHIPS 100% FRUIT PUNCH
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain



MELONS: WATERMELON, CANTELOUPE AND HONEYDEW AUG 2019

	Monday 08/12/19	Tuesday 08/13/19	Wednesday 08/14/19	Thursday 08/15/19	Friday 08/16/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE LIFE CEREAL APPLESAUCE *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT TOAST SAUSAGE PATTY PEACHES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN TROPICAL FRUIT *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN OATMEAL KIWI SLICES *MILK <input type="checkbox"/> Whole Grain	LOWFAT YOGURT BANANA SLICES *MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN SALAD ON WHOLE WHEAT BUN BROCCOLI FLORETS/ W/ DIP PINEAPPLE RINGS *MILK <input type="checkbox"/> Whole Grain	SLICED TURKEY WHOLE WHEAT BREAD CUCUMBER SLICES APPLE WEDGES *MILK <input type="checkbox"/> Whole Grain	BAKED FISH FILLET ENRICHED CORN MUFFIN MASH POTATOES GREEN BEANS *MILK <input type="checkbox"/> Whole Grain	MEATLOAF ENRICHED RISCUIT BROCCOLI FLORETS KIWI SLICES *MILK <input type="checkbox"/> Whole Grain	CHEESE & BEEF RAVIOLI WHOLE WHEAT BREAD WATERMELON SLICES GREEN BEANS *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED GRAHAM CRACKERS *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA SALSA/CHEESE DIP WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN LIFE CEREAL BANANA SLICES WATER <input type="checkbox"/> Whole Grain	CELERY STICKS & RAISINS PEANUT/ SOY BUTTER WATER <input type="checkbox"/> Whole Grain	ENRICHED PRETZELS HONEYDEW MELON WATER <input type="checkbox"/> Whole Grain



MELONS: WATERMELON, CANTELOUPE AND HONEYDEW AUG 2019

	Monday 08/19/19	Tuesday 08/20/19	Wednesday 08/21/19	Thursday 08/22/19	Friday 08/23/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE WARMED PEACHES *MILK	ENRICHED CREAM OF WHEAT FRESHED BLUEBERRIES * MILK	WHOLE GRAIN BAGEL TROPICAL FRUIT *MILK	WHOLE GRAIN TOTAL KIWI SLICES *MILK	WHOLE WHEAT ENGLISH MUFFIN PINEAPPLE SLICES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GROUND BEEF SLOPEY JOE WHOLE WHEAT BUN FRUIT COCKTAIL COLESLAW *MILK	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES HONEYDEW MELON LIMA BEANS *MILK	FISH STICKS WHOLE WHEAT ROLL ZESTY CORN PEARS *MILK	TURKEY & CHEESE ON WHOLE WHEAT SUB ROLL BROCCOLI FLORETS KIWI SLICES *MILK	CHEESE & BEEF RAVIOLI WHOLE WHEAT BREAD WATERMELON SLICES GREEN BEANS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	LOWFAT YOGURT STRAWBERRY HALVES WATER	ENRICHED RICE CAKE CANTELOUPE SLICES *MILK	EGG SALAD WHOLE GRAIN BREAD WATER	ENRICHED GRAHAM CRACKERS *MILK	WHOLE GRAIN PB/SOY TOAST 100% FRUIT PUNCH
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain



MELONS: WATERMELON, CANTELOUPE AND HONEYDEW AUG 2019

	Monday 08/26/19	Tuesday 08/27/19	Wednesday 08/28/19	Thursday 08/29/19	Friday 08/30/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT FRENCH TOAST MANGO SLICES *MILK <input type="checkbox"/> Whole Grain	MULTIGRAIN CHEERIOS APPLE SLICES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN WAFFLES TROPICAL FRUIT *MILK <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT KIWI SLICES *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT TOAST PINEAPPLE SLICES *MILK <input type="checkbox"/> Whole Grain
	LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HAWAIIAN TURKEY SLIDER WHOLE WHEAT BUN MANGO-PINEAPPLE SALSA BAKED FRENCH FRIES *MILK <input type="checkbox"/> Whole Grain	TUNA & APPLE SALAD WHOLE WHEAT CRACKERS SHREDDED CARROTS PEAR SLICES *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE PIZZA W/ PEPPERONI TOSSED SALAD ORANGE SLICES *MILK <input type="checkbox"/> Whole Grain	GROUND BEEF SLOPEY JOES MULTIGRAIN BUN BAKED BEANS COLE SLAW *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED ANIMAL CRACKERS *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN PRETZELS STRING CHEESE WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN KIX CEREAL BANANA SLICES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT BELVITA APPLESAUCE WATER <input type="checkbox"/> Whole Grain	ENRICHED RICE CAKE 100% BERRY BERRY JUICE <input type="checkbox"/> Whole Grain