



Harvest of the month: Watermelon August 2021

	Monday 8/2/21	Tuesday 8/3/21	Wednesday 8/4/21	Thursday 8/5/21	<input type="checkbox"/> Friday 8/6/21
AM SNACK					
Meat/Meat Alternate	GRILLED CHEESE SANDWICH	WHOLE GRAIN TRAIL MIX	BEEF HOTDOG	WHOLE GRAIN TORTILLA CHIPS	WHOLE GRAIN CRACKERS
Whole Grain/Grain Alternate	W/ WHOLE WHEAT BEAD	(WG CEREAL, CRAISINS)	WHOLE WHEAT BUN	CHUNKY SALSA	CELERY STICKS W/RANCH
Vegetable or Fruit		100% FRUIT PUNCH			
Fluid Milk	WATER		WATER	WATER	WATER
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
LUNCH					
Meat/Meat Alternate	FISH STICKS	HAM AND THREE CHEESE	CHICKEN NUGGETS	EXTRA CHEESE & BEEF RAVIOLI	TURKEY & CHEESE SLIDER
Whole Grain/Grain Alternate	WHOLE WHEAT BREAD	WHOLE WHEAT PIZZA CRUST	WHOLE WHEAT ROLL	WHOLE WHEAT BREAD SLICE	WHOLE WHEAT ROLL
Vegetable or Fruit	STEAMED BROCCOLI	PINEAPPLE TIDBITS	FRUIT COCKTAIL	PEAR HALVES	WATERMELON
Vegetable	CARROT SLICES	TOSSED SALAD	STEAMED CORN	GREEN BEANS	CUCUMBER SLICES
Fluid Milk	* MILK	* MILK	* MILK	*MILK	*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
DINNER					
Meat/Meat Alternate	BEEF STROGANOFF	BAKED CHICKEN	BBQ PULLED PORK	TUNA & MACARONI SALAD	ROASTED SLICED TURKEY
Whole Grain/Grain Alternate	WHOLE WHEAT NOODLES	ENRICHED CORNBREAD	WHOLE WHEAT BUN	WHOLE WHEAT NOODLES	WHOLE WHEAT ROLL
Vegetable or Fruit	DICED PEARS	MANDARIN ORANGES	BAKED BEANS	SLICED APPLE	APRICOT HALVES
Vegetable	LIMA BEANS	MIXED VEGETABLES	COLESLAW	SWEET PEAS	GRILLED ASPARAGUS
Fluid Milk	* MILK	* MILK	* MILK	*MILK	*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
<p>* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</p>					



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	Monday 8/9/21	Tuesday 8/10/21	<input type="checkbox"/> Wednesday 8/11/21	<input type="checkbox"/> Thursday 8/12/21	<input type="checkbox"/> Friday 8/13/21
AM SNACK					
Meat/Meat Alternate	MULTIGRAIN CHEERIOS	HUMMUS & SHREDDED CARROTS	WHOLE WHEAT MINI BAGEL	WHOLE WHEAT GOLDFISH	SLICED CHEDDAR CHEESE
Whole Grain/Grain Alternate	HALVED RED GRAPES	WHOLE WHEAT PITA POCKET	CREAM CHEESE	DICED PEARS	ENRICHED SALTINE CRACKERS
Vegetable or Fruit			SLICED STRAWBERRIES		
Fluid Milk	WATER	WATER	WATER	WATER	WATER
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
LUNCH					
Meat/Meat Alternate	CHICKEN SALAD	FISH STICKS	ROAST BEEF & SWISS	HAM & CHEESE	TURKEY MEATLOAF
Whole Grain/Grain Alternate	WHOLE GRAIN PITA BREAD	WHOLE WHEAT ROLL	WHOLE WHEAT BUN	WHOLE WHEAT SLICED BREAD	WHOLE WHEAT ROLL
Vegetable or Fruit	PINEAPPLE RINGS	MASHED POTATOES	MANDARIN ORANGES	WATERMELON	YELLOW SQUASH
Vegetable	HALVED CHERRY TOMATOES	GREEN BEANS	BROCCOLI FLORETS W/ RANCH	BABY SPINACH SALAD	BLACK EYE PEAS
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*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
DINNER					
Meat/Meat Alternate	HOMEMADE MAC & CHEESE	GROUND BEEF SLOPPY JOE	GRILLED CHICKEN TENDERS	CHEESE & PEPPERONI PIZZA	BAKED FISH FILLET
Whole Grain/Grain Alternate	WHOLE WHEAT NOODLES	WHOLE WHEAT BUN	WHOLE WHEAT BREAD SLICE	WHOLE WHEAT CRUST	WHOLE WHEAT BUN
Vegetable or Fruit	CANTELOUPE CHUNKS	HALVED GREEN GRAPES	HONEYDEW MELON	SLICED STRAWBERRIES	APPLESAUCE
Vegetable	PEAS AND CARROTS	BAKED BEANS	FRENCH FRIES	CALIFORNIA BLEND VEGGIES	CORN ON COB
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*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
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	<input type="checkbox"/> Monday 8/16/21	<input type="checkbox"/> Tuesday 8/17/21	<input type="checkbox"/> Wednesday 8/18/21	<input type="checkbox"/> Thursday 8/19/21	<input type="checkbox"/> Friday 8/20/21
AM SNACK					
Meat/Meat Alternate	ENRICHED TORTILLA CHIPS	LOWFAT YOGURT	WHOLE WHEAT PRETZELS	BEEF HOTDOG	MOZZARELLA STICKS
Whole Grain/Grain Alternate	(HM) GUACAMOLE	DICED PEARS	FRESH BLUEBERRIES	WHOLE WHEAT BUN	MARINARA SAUCE
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
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
LUNCH					
Meat/Meat Alternate	BEEF & BROCCOLI STIR FRY	GROUND TURKEY TACOS	SLICED HAM	HAM AND THREE CHEESE	CHICKEN STRIPS
Whole Grain/Grain Alternate	ENRICHED JASMINE RICE	WHOLE WHEAT TORTILLA	WHOLE WHEAT BREAD	WHOLE WHEAT PIZZA CRUST	WHOLE WHEAT BREAD
Vegetable or Fruit	PINEAPPLE RINGS	CANTALOUPE CHUNKS	FRUIT COCKTAIL	PINEAPPLE TIDBITS	HONEYDEW
Vegetable	PEAS & CARROTS	PINTO BEANS	GREEN BEANS	TOSSED SALAD	MIXED VEGETABLES
Fluid Milk	*MILK	*MILK	*MILK	* MILK	*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
DINNER					
Meat/Meat Alternate	CHICKEN FILET	EGG AND SPINACH OMELET	GROUND BEEF LASAGNA	TURKEY MEATBALLS WITH GRAVY	CHICKEN QUESADILLA
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	WHOLE GRAIN WAFFLE	WHOLE WHEAT GARLIC STICK	MULTI GRAIN BREAD STICK	WHOLE WHEAT TORTILLA
Vegetable or Fruit	CARROT RAISIN SALAD	WATERMELON	DICED PEARS	MASHED POTATOES	SLICED STRAWBERRIES
Vegetable	GREEN BEANS	ROASTED POTATO WEDGES	TOSSED SALAD	LIMA BEANS	ZESTY CORN
Fluid Milk	*MILK	* MILK	*MILK	* MILK	*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
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	<input type="checkbox"/> Monday 8/23/21	<input type="checkbox"/> Tuesday 8/24/21	<input type="checkbox"/> Wednesday 8/25/21	<input type="checkbox"/> Thursday 8/26/21	<input type="checkbox"/> Friday 8/27/21
AM SNACK					
Meat/Meat Alternate	COTTAGE CHEESE	RED BELL PEPPER HUMMUS	ENRICHED ANIMAL CRACKERS	ENRICHED RITZ CRACKERS	WHOLE GRAIN SUNCHIPS
Whole Grain/Grain Alternate	CRUSHED PINEAPPLE	ENRICHED PITA CHIPS	FRESH PEACH	APPLESAUCE	FRUIT COCKTAIL
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
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
LUNCH					
Meat/Meat Alternate	MACARONI & CHEESE	STEAK TAQUITOS	BBQ CHICKEN PIZZA	HAMBURGER STEAK W/GRAVY	SWEET & SOUR CHICKEN
Whole Grain/Grain Alternate	WHOLE WHEAT NOODLES	WHOLE CORN TORTILLA	WHOLE WHEAT FLATBREAD	ENRICHED CORN MUFFIN	BROWN RICE
Vegetable or Fruit	FRUIT COCKTAIL	WATERMELON	MANDARIN ORANGES	APRICOT HALVES	MANDARIN ORANGES
Vegetable	TOSSED SALAD	CARROT STICKS	GREEN BEANS	MASHED POTATOES	STEAMED BROCCOLI
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*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
DINNER					
Meat/Meat Alternate	BAKED FISH FILET	GRILLED CHICKEN WRAP	SLICED ROASTED TURKEY	CHICKEN NUGGETS	BEEF & CHEESE NACHOS
Whole Grain/Grain Alternate	ENRICHED HUSH PUPPY	WHOLE WHEAT FLAT BREAD	WHOLE WHEAT FLATBREAD	WHOLE WHEAT ROLL	ENRICHED TORTILLA CHIPS
Vegetable or Fruit	DICED PEARS	GREEN APPLE SLICES	CANTALOUPE	SLICED STRAWBERRIES	TROPICAL FRUIT SALAD
Vegetable	STEAMED BROCCOLI	TATOR TOTS	SWEET PEAS	MIXED VEGETABLES	STEAMED CORN
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* 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
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Harvest of the month: Watermelon August 2021

	Monday 8/30/21	Tuesday 8/31/21	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
AM SNACK					
Meat/Meat Alternate	ENRICHED BANANA BREAD	MOZZARELLA STICKS			
Whole Grain/Grain Alternate	TANGERINE	MARINARA SAUCE			
Vegetable or Fruit					
Fluid Milk	WATER	WATER			
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH					
Meat/Meat Alternate	TURKEY BURGER	GRILLED CHICKEN TENDERS			
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	WHOLE WHEAT ROLL			
Vegetable or Fruit	WATERMELON	PEAR HALVES			
Vegetable	TATER TOTS	SQUASH CASSEROLE			
Fluid Milk	*MILK	* 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
DINNER					
Meat/Meat Alternate	BAKED CHICKEN	BBQ PULLED PORK			
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	ENRICHED TEXAS TOAST			
Vegetable or Fruit	BROCCOLI WITH CHEESE	COLESLAW			
Vegetable	BLACK EYE PEAS	BAKED BEANS			
Fluid Milk	*MILK	*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
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