



Harvest of the month: Watermelon August 2021

	Monday 8/2/21	Tuesday 8/3/21	Wednesday 8/4/21	Thursday 8/5/21	Friday 8/6/21
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED MINI BAGEL WATERMELON CHUNKS * MILK <input type="checkbox"/> Whole Grain	LOWFAT VANILLA GREEK YOGURT FRESH BLUEBERRIES *MILK <input type="checkbox"/> Whole Grain	SAUSAGE, EGG ,CHEESE WHOLE WHEAT BURRITO TANGERINE *MILK <input type="checkbox"/> Whole Grain	MULTIGRAIN CHEERIOS BANANA *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN WAFFLES PEACHES *MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH STICKS WHOLE WHEAT BREAD STEAMED BROCCOLI CARROT SLICES * MILK <input type="checkbox"/> Whole Grain	HAM AND THREE CHEESE WHOLE WHEAT PIZZA CRUST PINEAPPLE TIDBITS TOSSED SALAD * MILK <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS WHOLE WHEAT ROLL FRUIT COCKTAIL STEAMED CORN * MILK <input type="checkbox"/> Whole Grain	EXTRA CHEESE & BEEF RAVIOLI WHOLE WHEAT BREAD SLICE PEAR HALVES GREEN BEANS *MILK <input type="checkbox"/> Whole Grain	TURKEY & CHEESE SLIDER WHOLE WHEAT ROLL WATERMELON CUCUMBER SLICES *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT GOLDFISH HONEYDEW MELON WATER <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKERS CINNAMON APPLESAUCE WATER <input type="checkbox"/> Whole Grain	MOZZARELLA STICKS MARINARA SAUCE WATER <input type="checkbox"/> Whole Grain	MULTI GRAIN CRACKERS CARROT STICKS WATER <input type="checkbox"/> Whole Grain	ENRICHED PRETZEL STICKS CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain
	* 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.				



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	Monday 8/9/21	Tuesday 8/10/21	Wednesday 8/11/21	Thursday 8/12/21	Friday 8/13/21
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED BLUEBERRY MUFFIN PEACHES * MILK <input type="checkbox"/> Whole Grain	ENRICHED SAUSAGE BISCUIT TANGERINE *MILK <input type="checkbox"/> Whole Grain	ENRICHED ENGLISH MUFFIN TROPICAL FRUIT SALAD * MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES APPLESAUCE * MILK <input type="checkbox"/> Whole Grain	MULTI GRAIN CERRIOS 100% ORANGE JUICE * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN SALAD WHOLE GRAIN PITA BREAD PINEAPPLE RINGS HALVED CHERRY TOMATOES *MILK <input type="checkbox"/> Whole Grain	FISH STICKS WHOLE WHEAT ROLL MASHED POTATOES GREEN BEANS *MILK <input type="checkbox"/> Whole Grain	ROAST BEEF & SWISS WHOLE WHEAT BUN MANDARIN ORANGES BROCCOLI FLORETS W/ RANCH *MILK <input type="checkbox"/> Whole Grain	HAM & CHEESE WHOLE WHEAT SLICED BREAD WATERMELON BABY SPINACH SALAD *MILK <input type="checkbox"/> Whole Grain	TURKEY MEATLOAF WHOLE WHEAT ROLL YELLOW SQUASH BLACK EYE PEAS *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED GARLIC BREAD STICK MARINARA SAUCE WATER <input type="checkbox"/> Whole Grain	BOILED EGG HALVES ENRICHED PRETZELS WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS BANANA WATER <input type="checkbox"/> Whole Grain	REFRIED BEANS ENRICHED TORTILLA CHIPS WATER <input type="checkbox"/> Whole Grain	LOWFAT YOGURT FRESH PEACH WATER <input type="checkbox"/> Whole Grain
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	Monday 8/16/21	Tuesday 8/17/21	Wednesday 8/18/21	Thursday 8/19/21	Friday 8/20/21
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED SAUSAGE BISCUIT WITH SPINACH * MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT MINI BAGELS ORANGE SLICES *MILK <input type="checkbox"/> Whole Grain	ENRICHED OATMEAL MIXED BERRIES * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN CINNAMON TOAST WATERMELON CHUNCKS * MILK <input type="checkbox"/> Whole Grain	LOWFAT STRAWBERRY YOGURT HOMEMADE GRANOLA BANANA * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF & BROCCOLI STIR FRY ENRICHED JASMINE RICE PINEAPPLE RINGS PEAS & CARROTS *MILK <input type="checkbox"/> Whole Grain	GROUND TURKEY TACOS WHOLE WHEAT TORTILLA CANTALOUPE CHUNKS PINTO BEANS *MILK <input type="checkbox"/> Whole Grain	SLICED HAM WHOLE WHEAT BREAD FRUIT COCKTAIL GREEN BEANS *MILK <input type="checkbox"/> Whole Grain	HAM AND THREE CHEESE WHOLE WHEAT PIZZA CRUST PINEAPPLE TIDBITS TOSSED SALAD * MILK <input type="checkbox"/> Whole Grain	CHICKEN STRIPS WHOLE WHEAT BREAD HONEYDEW MIXED VEGETABLES *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	MULTI GRAIN CRACKERS CUCUMBER SLICES WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS BLUEBERRIES WATER <input type="checkbox"/> Whole Grain	ENRICHED LEMON POPPYSEED MUFFIN BANANA WATER <input type="checkbox"/> Whole Grain	ENRICHED PRETZELS TROPICAL FRUIT SALAD WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CRISPS 100% BERRY JUICE <input type="checkbox"/> Whole Grain
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Harvest of the month: Watermelon August 2021

	Monday 8/23/21	Tuesday 8/24/21	Wednesday 8/25/21	Thursday 8/26/21	Friday 8/27/21
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE SLICED PEACHES * MILK <input type="checkbox"/> Whole Grain	ENRICHED BLUEBERRY MUFFIN BANANA * MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT BAGEL PINEAPPLE RINGS * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN CEREAL WATERMELON * MILK <input type="checkbox"/> Whole Grain	ENRICHED CHICKEN BISCUIT CITRUS FRUIT SALAD *MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	MACARONI & CHEESE WHOLE WHEAT NOODLES FRUIT COCKTAIL TOSSED SALAD *MILK <input type="checkbox"/> Whole Grain	STEAK TAQUITOS WHOLE CORN TORTILLA WATERMELON CARROT STICKS *MILK <input type="checkbox"/> Whole Grain	BBQ CHICKEN PIZZA WHOLE WHEAT FLATBREAD MANDARIN ORANGES GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	HAMBURGER STEAK W/GRAVY ENRICHED CORN MUFFIN APRICOT HALVES MASHED POTATOES *MILK <input type="checkbox"/> Whole Grain	SWEET & SOUR CHICKEN BROWN RICE MANDARIN ORANGES STEAMED BROCCOLI *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED CHEESE TOAST TOMATO SLICES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CRISPS STRING CHEESE WATER <input type="checkbox"/> Whole Grain	ENRICHED MINI CORN DOGS 100% GRAPE JUICE <input type="checkbox"/> Whole Grain	SLICED HAM & CHEDDAR WRAP WHOLE WHEAT TORTILLA WATER <input type="checkbox"/> Whole Grain	LOWFAT YOGURT ENRICHED ANIMAL CRACKERS WATER <input type="checkbox"/> Whole Grain
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	Monday 8/30/21	Tuesday 8/31/21	Wednesday	Thursday	Friday
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN PANCAKES MIXED BERRIES *MILK	ENRICHED SAUSAGE BISCUIT DICED PEACHES *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	TURKEY BURGER WHOLE WHEAT BUN WATERMELON TATER TOTS *MILK	GRILLED CHICKEN TENDERS WHOLE WHEAT ROLL PEAR HALVES SQUASH CASSEROLE * 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	ENRICHED GRAHAM CRACKERS HONEY DEW CHUNKS WATER	WHOLE GRAIN CHEX CEREAL RAISINS 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
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