



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	LOWFAT VANILLA GREEK YOGURT FRESH BLUEBERRIES *MILK	SAUSAGE, EGG ,CHEESE WHOLE WHEAT BURRITO TANGERINE *MILK	MULTIGRAIN CHEERIOS BANANA *MILK	WHOLE GRAIN WAFFLES 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	FISH STICKS WHOLE WHEAT BREAD STEAMED BROCCOLI CARROT SLICES * MILK	HAM AND THREE CHEESE WHOLE WHEAT PIZZA CRUST PINEAPPLE TIDBITS TOSSED SALAD * MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL FRUIT COCKTAIL STEAMED CORN * MILK	EXTRA CHEESE & BEEF RAVIOLI WHOLE WHEAT BREAD SLICE PEAR HALVES GREEN BEANS *MILK	TURKEY & CHEESE SLIDER WHOLE WHEAT ROLL WATERMELON CUCUMBER 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT GOLDFISH HONEYDEW MELON WATER	ENRICHED ANIMAL CRACKERS CINNAMON APPLESAUCE WATER	MOZZARELLA STICKS MARINARA SAUCE WATER	MULTI GRAIN CRACKERS CARROT STICKS WATER	ENRICHED PRETZEL STICKS CHEDDAR CHEESE CUBES WATER
	<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 Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF STROGANOFF WHOLE WHEAT NOODLES DICED PEARS LIMA BEANS * MILK	BAKED CHICKEN ENRICHED CORNBREAD MANDARIN ORANGES MIXED VEGETABLES * MILK	BBQ PULLED PORK WHOLE WHEAT BUN BAKED BEANS COLESLAW * MILK	TUNA & MACARONI SALAD WHOLE WHEAT NOODLES SLICED APPLE SWEET PEAS *MILK	ROASTED SLICED TURKEY WHOLE WHEAT ROLL APRICOT HALVES GRILLED ASPARAGUS *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
	* 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	ENRICHED BLUEBERRY MUFFIN	ENRICHED SAUSAGE BISCUIT	ENRICHED ENGLISH MUFFIN	WHOLE WHEAT PANCAKES	MULTI GRAIN CHERRIOS
Vegetable or Fruit	PEACHES	TANGERINE	TROPICAL FRUIT SALAD	APPLESAUCE	100% ORANGE JUICE
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
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
PM SNACK					
Meat/Meat Alternate	ENRICHED GARLIC BREAD STICK	BOILED EGG HALVES	ENRICHED GRAHAM CRACKERS	REFRIED BEANS	LOWFAT YOGURT
Whole Grain/Grain Alternate	MARINARA SAUCE	ENRICHED PRETZELS	BANANA	ENRICHED TORTILLA CHIPS	FRESH PEACH
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
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
<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 8/16/21	Tuesday 8/17/21	Wednesday 8/18/21	Thursday 8/19/21	Friday 8/20/21
BREAKFAST					
Whole Grain/Grain Alternate	ENRICHED SAUSAGE BISCUIT WITH SPINACH	WHOLE WHEAT MINI BAGELS ORANGE SLICES	ENRICHED OATMEAL MIXED BERRIES	WHOLE GRAIN CINNAMON TOAST WATERMELON CHUNCKS	LOWFAT STRAWBERRY YOGURT HOMEMADE GRANOLA BANANA
Vegetable or Fruit					
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
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
PM SNACK					
Meat/Meat Alternate	MULTI GRAIN CRACKERS	ENRICHED GRAHAM CRACKERS	ENRICHED LEMON POPPYSEED MUFFIN	ENRICHED PRETZELS	WHOLE GRAIN RICE CRISPS
Whole Grain/Grain Alternate	CUCUMBER SLICES	BLUEBERRIES	BANANA	TROPICAL FRUIT SALAD	100% BERRY JUICE
Vegetable or Fruit					
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
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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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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED FISH FILET ENRICHED HUSH PUPPY DICED PEARS STEAMED BROCCOLI *MILK <input type="checkbox"/> Whole Grain	GRILLED CHICKEN WRAP WHOLE WHEAT FLAT BREAD GREEN APPLE SLICES TATOR TOTS * MILK <input type="checkbox"/> Whole Grain	SLICED ROASTED TURKEY WHOLE WHEAT FLATBREAD CANTALOUPE SWEET PEAS * MILK <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS WHOLE WHEAT ROLL SLICED STRAWBERRIES MIXED VEGETABLES *MILK <input type="checkbox"/> Whole Grain	BEEF & CHEESE NACHOS ENRICHED TORTILLA CHIPS TROPICAL FRUIT SALAD STEAMED CORN * MILK <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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED CHICKEN WHOLE WHEAT ROLL BROCCOLI WITH CHEESE BLACK EYE PEAS *MILK	BBQ PULLED PORK ENRICHED TEXAS TOAST COLESLAW BAKED 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
<p><i>* 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.</i></p>					