
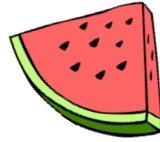


# Harvest of the month: Watermelon

August 2023

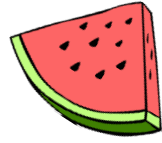
		Tuesday 8/1/23	Wednesday 8/2/23	Thursday 8/3/23	Friday 8/4/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk		WHOLE GRAIN PANCAKES ON A STICK ORANGE SMILES/SLICES *MILK	WHOLE GRAIN FRENCH TOAST PEAR HALVES *MILK	EGG & CHEESE BURRITO EGG & CHEESE WHOLE WHEAT TORTILLA STRAWBERRIES *MILK	WHOLE GRAIN WAFFLES CINNAMON APPLESAUCE *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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk		FISH STICKS MULTI GRAIN BREAD SLICED PEACHES GREEN BEANS *MILK	HOMEMADE MAC AND CHEESE WHOLE WHEAT NOODLES BAKED APPLES SWEAT PEAS * MILK	<b>NATIONAL WATERMELON DAY</b> CHICKEN NUGGETS WHOLE WHEAT ROLL GRILLED WATERMELON STEAMED CORN *MILK	<b>Veggie Delight Pinwheels</b> CHEDDER CHEESE SLICES WHOLE WHEAT TORILLA CARROTS CUCUMBERS *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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk		FRUIT & VEGGIE CUPS ENRICHED PRETZEL STICKS CUCUMBER STICKS PINEAPPLE STICKS WATER	WHOLE GRAIN CHIPS TROPICAL FRUIT SALAD  WATER	COTTAGE CHEESE RASPBERRIES  WATER	ENRICHED PITA CHIPS CRISPY ROASTED CHICKPEAS  WATER
		<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>					
* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



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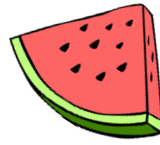
	Monday 8/7/23	Tuesday 8/8/23	Wednesday 8/9/23	Thursday 8/10/23	Friday 8/11/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED BLUEBERRY PEACHES *MILK  <input type="checkbox"/> Whole Grain	ENRICHED SAUSAGE BISCUIT RASPBERRIES *MILK  <input type="checkbox"/> Whole Grain	ENRICHED ENGLISH MUFFIN TROPICAL FRUIT SALAD *MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES FRESH BLUEBERRIES *MILK  <input type="checkbox"/> Whole Grain	MULTI GRAIN CHERRIOS 100% ORANGE JUICE *MILK  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	ENRICHED FRENCH BREAD SAVORY TUNA FISH GROOVY GRAPES SWEET PEAS *MILK  <input type="checkbox"/> Whole Grain	<b>NATIONAL ZUCCHINI DAY</b> LEMON PEPPER BAKED CHICKEN ENRICHED BROWN RICE HONEYDEW MELON OVEN BAKED ZUCCHINI *MILK  <input type="checkbox"/> Whole Grain	GRILLED CHEESE TOAST EXTRA CHEDDAR CHEESE WHOLE GRAIN BREAD APPLE SLICES SAUTEED GREEN BEANS * MILK  <input type="checkbox"/> Whole Grain	GRILLED CHICKEN SALAD WHOLE WHEAT BREADSTICKS STRAWBERRIES SPINACH SALAD *MILK  <input type="checkbox"/> Whole Grain	<b>NATIONAL PANINI DAY</b> ROASTED TURKEY SLIDERS ENRICHED PANINI BREAD APRICOTS SWEET POTATO FRIES *MILK  <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	FRUIT PIZZA LOWFAT YOGURT WHOLE GRAIN BAGEL BLUEBERRIES/STRAWBERRIES WATER  <input type="checkbox"/> Whole Grain	<b>Cheesy Broccoli Tots</b> BROCCOLI MASHED POTATOES WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN CHIPS HOMEMADE PICO DE GALLO WATER  <input type="checkbox"/> Whole Grain	BANANA SUSHI ROLL SOY/NUT/PEANUT/WOW BUTTER WHOLE WHEAT TORTILLA BANANAS WATER  <input type="checkbox"/> Whole Grain	FRUIT PIZZA WHOLE WHEAT BAGEL LOW FAT YOGURT PEACHES WATER  <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<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 Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



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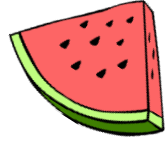
	Monday 8/14/23	Tuesday 8/15/23	Wednesday 8/16/23	Thursday 8/17/23	Friday 8/18/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED OATMEAL PEACHES *MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT FRENCH TOAST STICKS BAKED APPLES *MILK  <input type="checkbox"/> Whole Grain	ENRICHED GRITS APRICOTS *MILK  <input type="checkbox"/> Whole Grain	SAUSAGE LINKS TATOR TOTS *MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES STRAWBERRIES *MILK  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEAN & CHEESE NACHOS WHOLE GRAIN CHIPS MANGO CHUNKS CARROT STICKS *MILK  <input type="checkbox"/> Whole Grain	TURKEY MEATBALLS WHOLE WHEAT SUB ROLL BLUEBERRIES FRENCH FRIES *MILK  <input type="checkbox"/> Whole Grain	GRILLED CHEESE SANDWICH WHOLE WHEAT BREAD FRUIT COCKTAIL TOMATO SOUP * MILK  <input type="checkbox"/> Whole Grain	SAVORY PINTO BEANS ENRICHED BROWN RICE ORANGE SMILES (SLICES) GRILLED VEGETABLES *MILK  <input type="checkbox"/> Whole Grain	<b>BREAKFAST FOR LUNCH</b> WHOLE WHEAT PANCAKES SCRAMBLED EGGS RASPBERRIES ROASTED POTATOES *MILK  <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	FRUIT & VEGGIE CUPS ENRICHED PRETZEL STICKS CUCUMBER STICKS PINEAPPLE STICKS WATER  <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKERS GROOVY GRAPES  WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN CHEESE CRACKERS SLICED KIWI  WATER  <input type="checkbox"/> Whole Grain	LOW FAT YOGURT PEACHES  WATER  <input type="checkbox"/> Whole Grain	CAPRESE BRUSCHETTA WHOLE WHEAT SANDWICH THINS FRESH TOMATOES MOZZARELLA CHEESE WATER  <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<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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August 2023

	Monday 8/21/23	Tuesday 8/22/23	Wednesday 8/23/23	Thursday 8/24/23	Friday 8/25/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED MINI BAGEL WATERMELON CHUNKS *MILK	SPINACH & TOMATO OMELET EGGS APPLESAUCE *MILK	WHOLE GRAIN FRENCH TOAST PEAR HALVES *MILK	NATIONAL WAFFLE DAY WHOLE GRAIN WAFFLES PEACHES *MILK	ENRICHED BLUEBERRY MUFFIN STRAWBERRIES *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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	ORANGE CHICKEN LO-MEIN WHOLE GRAIN NOODLES KIWI SLICES BROCCOLI *MILK	BEEF SLOPPY JOE WHOLE WHEAT BUN GARLIC MASHED POTATOES OVEN BAKED ZUCCHINI *MILK	HOME MADE BBQ CHICKEN PIZZA WHOLE WHEAT FLATBREAD WATERMELON SHAPES GREEN BEANS * MILK	TURKEY BURGER MULTI GRAIN BUN APRICOT HALVES SWEET POTATO FRIES *MILK	SAVORY TUNA SALAD SANDWICH WHOLE GRAIN PITA POCKETS SWEET PEAS CUCUMBER & TOMATO SALAD *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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN SUNCHIPS CELERY STICKS W/RANCH WATER	CURRY CHICKEN SALAD WHOLE WHEAT CRACKERS WATER	CRISPY ROASTED CHICKPEAS PLUMS WATER	GARDEN PARTY PINWHEEL HUMMUS WHOLE GRAIN TORTILLA FRESH VEGGIES (ASSORTED) WATER	AVOCADO EGG SALAD SANDWICH EGGS WHOLE WHEAT TOAST AVOCADO 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
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	Monday 8/28/23	Tuesday 8/29/23	Wednesday 8/30/23	Thursday 8/31/23	
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT MINI BAGEL PEACHES *MILK	ENRICHED OATS BANANAS *MILK	MULTI GRAIN CHEERIOS RASPBERRIES *MILK	WHOLE WHEAT WAFFLES WARMED BLUEBERRY COMPOTE *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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HAM & CHEESE ENRICHED CROISSANT STRAWBERRIES KALE SALAD *MILK	CHICKEN SALAD ENRICHED CROISSANT PINEAPPLE RINGS HALVED CHERRY TOMATOES *MILK	FISH STICKS MULTI GRAIN ROLL WATERMELON SHAPES BAKED FRENCH FRIES * MILK	CHICKEN ALFREDO WHOLE WHEAT PASTA ORANGE SMILES (SLICES) STEAMED BROCCOLI *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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN RICE CAKES HONEYDEW MELON  WATER	ENRICHED SALTINE CRACKERS SAVORY CHICKEN SALAD  WATER	SWIMMING FISH WHOLE GRAIN GOLDFISH TOMATO BISQUE  WATER	WHOLE GRAIN RITZ CRACKERS 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
<b>TWO COMPONENTS</b>	<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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