
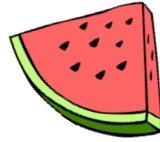


# Harvest of the month: Watermelon

August 2023

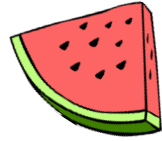
		Tuesday 8/1/23	Wednesday 8/2/23	Thursday 8/3/23	Friday 8/4/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk		WHOLE GRAIN PANCAKES ON A STICK ORANGE SMILES/SLICES *MILK	WHOLE GRAIN FRENCH TOAST PEAR HALVES *MILK	EGG & CHEESE BURRITO EGG & CHEESE WHOLE WHEAT TORTILLA STRAWBERRIES *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	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk		EXTRA CHEESE RAVIOLI WHOLE WHEAT RAVIOLI STRAWBERRIES ROASTED BROCCOLI * MILK	CHICKEN BURRITO BOWL ENRICHED BROWN RICE WATERMELON SHAPES HOMEMADE PICO DE GALLO * MILK	BLACK BEAN BURGER WHOLE WHEAT BUN APRICOTS ROASTED CAULIFLOWER *MILK	POPCORN SHRIMP ENRICHED FRIED RICE HONEYDEW MELON STIR FRY VEGGIES * 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 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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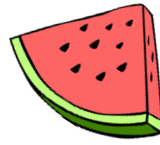
	Monday 8/7/23	Tuesday 8/8/23	Wednesday 8/9/23	Thursday 8/10/23	Friday 8/11/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED BLUEBERRY PEACHES *MILK  <input type="checkbox"/> Whole Grain	ENRICHED SAUSAGE BISCUIT RASPBERRIES *MILK  <input type="checkbox"/> Whole Grain	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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF SPAGHETTI WHOLE WHEAT PASTA ORANGE WEDGES/SMILES TOSSED SALAD *MILK  <input type="checkbox"/> Whole Grain	TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL HONEYDEW MELON GRILLED TOMATOES * MILK  <input type="checkbox"/> Whole Grain	TURKEY BURGER MULTI GRAIN BUN CANTALOUPE BAKED BEANS * MILK  <input type="checkbox"/> Whole Grain	TERRIYAKI CHICKEN WHOLE WHEAT ROLL PINEAPPLE SLICES GARLIC BROCCOLI *MILK  <input type="checkbox"/> Whole Grain	FISH FILET WHOLE WHEAT BUN WATERMELON SHAPES HONEY GLAZED CARROTS * MILK  <input type="checkbox"/> Whole Grain
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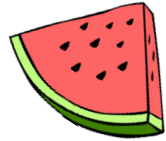
	Monday 8/14/23	Tuesday 8/15/23	Wednesday 8/16/23	Thursday 8/17/23	Friday 8/18/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED OATMEAL PEACHES *MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT FRENCH TOAST STICKS BAKED APPLES *MILK  <input type="checkbox"/> 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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GRILLED CHICKEN ENRICHED CORNBREAD SWEET POTATOES SWEET PEAS *MILK  <input type="checkbox"/> Whole Grain	BEEF STICKS ENRICHED HAWAIIAN ROLL ORANGE SMILES (SLICES) GREEN BEANS * MILK  <input type="checkbox"/> Whole Grain	<b>Grilled Fish Tacos</b> GRILLED FISH WHOLE GRAIN TORTILLA PEACH SALSA SWEET CORN * MILK  <input type="checkbox"/> Whole Grain	EXTRA CHEESE RAVIOLI ENRICHED RAVIOLI PEARS TOSSED SALAD *MILK  <input type="checkbox"/> Whole Grain	BBQ PULLED PORK WHOLE GRAIN BREADSTICKS PINEAPPLE RINGS OVEN ROASTED BRUSSEL SPROUTS * MILK  <input type="checkbox"/> Whole Grain
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# Harvest of the month: Watermelon

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  <input type="checkbox"/> Whole Grain	SPINACH & TOMATO OMELET EGGS APPLESAUCE *MILK  <input type="checkbox"/> Whole Grain	WHOLE GRAIN FRENCH TOAST PEAR HALVES *MILK  <input type="checkbox"/> Whole Grain	NATIONAL WAFFLE DAY WHOLE GRAIN WAFFLES PEACHES *MILK  <input type="checkbox"/> Whole Grain	ENRICHED BLUEBERRY MUFFIN STRAWBERRIES *MILK  <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  <input type="checkbox"/> Whole Grain	BEEF SLOPPY JOE WHOLE WHEAT BUN GARLIC MASHED POTATOES OVEN BAKED ZUCCHINI *MILK  <input type="checkbox"/> Whole Grain	HOME MADE BBQ CHICKEN PIZZA WHOLE WHEAT FLATBREAD WATERMELON SHAPES GREEN BEANS * MILK  <input type="checkbox"/> Whole Grain	TURKEY BURGER MULTI GRAIN BUN APRICOT HALVES SWEET POTATO FRIES *MILK  <input type="checkbox"/> Whole Grain	SAVORY TUNA SALAD SANDWICH WHOLE GRAIN PITA POCKETS SWEET PEAS CUCUMBER & TOMATO SALAD *MILK  <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  <input type="checkbox"/> Whole Grain	CURRY CHICKEN SALAD WHOLE WHEAT CRACKERS  WATER  <input type="checkbox"/> Whole Grain	CRISPY ROASTED CHICKPEAS PLUMS  WATER  <input type="checkbox"/> Whole Grain	GARDEN PARTY PINWHEEL HUMMUS WHOLE GRAIN TORTILLA FRESH VEGGIES (ASSORTED) WATER  <input type="checkbox"/> Whole Grain	AVOCADO EGG SALAD SANDWICH EGGS WHOLE WHEAT TOAST AVOCADO WATER  <input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GROUND TURKEY SPAGHETTI WHOLE WHEAT NOODLES ORANGE SMILES (SLICES) TOSSED SALAD *MILK  <input type="checkbox"/> Whole Grain	<b>BLACK BEAN &amp; SWEET POTATO QUESADILLA</b> BLACK BEANS WHOLE WHEAT QUESADILLA TROPICAL FRUIT SALAD SWEET POTATOES * MILK  <input type="checkbox"/> Whole Grain	STEAK TENDERS WHOLE WHEAT ROLL FRENCH FRIES CREAMED SPINACH * MILK  <input type="checkbox"/> Whole Grain	TERIYAKI PORK ENRICHED RICE PILAF APPLE SLICES BROCCOLI *MILK  <input type="checkbox"/> Whole Grain	FISH FILET SANDWICH WHOLE WHEAT BUN APRICOT HALVES MINI CORN ON THE COB * MILK  <input type="checkbox"/> Whole Grain
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August 2023

	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 TWO COMPONENTS	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>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	EXTRA CHEESE QUESADILLA WHOLE WHEAT TORTILLA ORANGE SLICES REFRIED PINTO BEANS *MILK	MINI TURKEY SLIDERS WHOLE WHEAT BUN FRUIT SALAD CELERY STICKS * MILK	CHICKEN TENDERS MULTI GRAIN ROLL RASPBERRIES PEAS & CARROTS * MILK	ROTISSERIE TURKEY WHOLE WHEAT HAWAIIAN ROLL CANTALOUPE CHUNKS CREAMED SPINACH *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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