



				Monday 8/1/24	Tuesday 8/2/24
BREAKFAST				EGG & CHEESE BURRITO	·
Vhole Grain/Grain Alternate				EGG & CHEESE	WHOLE GRAIN WAFFLES
/egetable or Fruit				WHOLE WHEAT TORTILLA	CINNAMON APPLESAUCE
Fluid Milk			İ	STRAWBERRIES	*MILK
				*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate				LOWFAT GREEK YOGURT	ENRICHED CREAM OF WHEAT
Whole Grain/Grain Alternate				CRUSHED GRAHAM CRACKERS	BANANA
Vegetable or Fruit				BLUEBERRIES	
Fluid Milk				WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH		- N			Veggie Delight Pinwheels
Meat/Meat Alternate				CHICKEN NUGGETS	CHEDDER CHEESE SLICES
Whole Grain/Grain Alternate				WHOLE WHEAT ROLL	WHOLE WHEAT TORTILLA
Vegetable or Fruit				GRILLED WATERMELON	CARROTS
Vegetable				STEAMED CORN	CUCUMBERS
Fluid Milk		shutterstock.com - 49137406		*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK					
Meat/Meat Alternate				COTTAGE CHEESE	ENRICHED PITA CHIPS
Whole Grain/Grain Alternate		A ROY TO		RASPBERRIES	CRISPY ROASTED CHICKPEAS
Vegetable or Fruit					
Fluid Milk				WATER	WATER
TWO COMPONENTS	☐ Whole Grain		☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate				BLACK BEAN BURGER	POPCORN SHRIMP
Whole Grain/Grain Alternate				WHOLE GRAIN BUN	ENRICHED FRIED RICE
Vegetable or Fruit				APRICOTS	HONEYDEW MELON
Vegetable			İ	ROASTED CAULIFLOWER	STIR FRY VEGGIES
Fluid Milk				*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK					
Meat/Meat Alternate				SMART POPCORN	WHOLE WHEAT SALTINE CRACKERS
Whole Grain/Grain Alternate				KIWI SLICES	MANGO SLICES
Vegetable or Fruit				11172 00200	
Fluid Milk				WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
				vored 1% or Fat Free Milk. Milk substitutes n	





	Monday 8/5/24	Tuesday 8/6/24	Wednesday 8/7/24	Thursday 8/8/24	Friday 8/9/24
BREAKFAST	•	·		·	·
Whole Grain/Grain Alternate	ENRICHED HM BLUEBERRY MUFFIN	ENRICHED SAUSAGE BISCUIT	ENRICHED ENGLISH MUFFIN	WHOLE WHEAT PANCAKES	MULTI GRAIN CHERRIOS
Vegetable or Fruit	PEACHES	RASPBERRIES	TROPICAL FRUIT SALAD	FRESH BLUEBERRIES	STRAWBERRIES
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	□ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate	ENRICHED PRETZELS	WHOLE GRAIN CHEEZ-ITS	WHOLE WHEAT TOAST	WHOLE GRAIN ENGLISH MUFFIN	ENRICHED GRAHAM CRACKERS
Whole Grain/Grain Alternate	ROASTED HUMMUS DIP	CINNAMON APPLESAUCE	WATERMELON	KIWI	LOWFAT YOGURT
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH			GRILLED CHEESE TOAST		
Meat/Meat Alternate	SAVORY TUNA FISH	LEMON PEPPER BAKED CHICKEN	EXTRA CHEDDAR CHEESE	GRILLED CHICKEN SALAD	ROASTED TURKEY SLIDERS
Whole Grain/Grain Alternate	ENRICHED FRENCH BREAD	ENRICHED BROWN RICE	WHOLE GRAIN BREAD	WHOLE WHEAT BREADSTICKS	ENRICHED PANINI BREAD
Vegetable or Fruit	GROOVY GRAPES	HONEYDEW MELON	APPLE SLICES	STRAWBERRIES	APRICOTS
Vegetable	SWEET PEAS	OVEN BAKED ZUCCHINI	SAUTEED GREEN BEANS	SPINACH SALAD	SWEET POTATO FRIES
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK	FRUIT PIZZA	Avocado Rice Cake		BANANA SUSHI ROLL	FRUIT PIZZA
Meat/Meat Alternate	LOWFAT YOGURT	ENRICHED RICE CAKE	WHOLE GRAIN CHIPS	SOY/NUT/PEANUT/WOW BUTTER	WHOLE WHEAT BAGEL
Whole Grain/Grain Alternate	WHOLE GRAIN BAGEL	AVOCADO	LOWFAT YOGURT	WHOLE WHEAT TORTILLA	PEACHES
Vegetable or Fruit	BLUEBERRIES/STRAWBERRIES	CHERRY TOMATOES		BANANAS	
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate	BEEF SPAGHETTI	TUNA & CHEESE SUB	TURKEY BURGER	TERRIYAKI BEEF	FISH FILET
Whole Grain/Grain Alternate	WHOLE WHEAT PASTA	WHOLE WHEAT SUB ROLL	MULTI GRAIN BUN	WHOLE WHEAT ROLL	WHOLE WHEAT BUN
Vegetable or Fruit	ORANGE WEDGES/SMILES	HONEYDEW MELON	CANTALOUPE	PINEAPPLE SLICES	WATERMELON SHAPES
Vegetable	TOSSED SALAD	SWEET PEAS	BAKED BEANS	GARLIC BROCCOLI	HONEY GLAZED CARROTS
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK					
Meat/Meat Alternate	ENRICHED TRISCUIT CRACKERS	ENRICHED RITZ CRACKERS	ENRICHED GOLDFISH	COTTAGE CHEESE	ENRICHED PRETZELS
Whole Grain/Grain Alternate	SUGAR SNAP PEAS	TURKEY ROLLUP	VEGETABLE SOUP	MANGO CUBES	CELERY
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
	WATER Whole Grain	WATER Whole Grain	WATER Whole Grain	WATER Whole Grain	WATER ☐ Whole Grain





	Monday 8/12/24	Tuesday 8/13/24	Wednesday 8/14/24	Thursday 8/15/24	Friday 8/16/24
BREAKFAST					
Whole Grain/Grain Alternate	ENRICHED OATMEAL	WHOLE GRAIN FRENCH TOAST STICKS	ENRICHED GRITS	SAUSAGE LINKS	WHOLE WHEAT BAGEL
Vegetable or Fruit	PEACHES	PEACHES	APRICOTS	TATOR TOTS	STRAWBERRIES
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate	EGG SALAD	WHOLE WHEAT PIZZA PITA	MULTI GRAIN CHEERIOS	WHOLE WHEAT WAFFLES	ENRICHED SESAME STICKS
Whole Grain/Grain Alternate	WHOLE WHEAT TOAST	WHOLE WHEAT PITA BREAD	100% BERRY JUICE	CINNAMON APPLESAUCE	WATERMELON SHAPES
Vegetable or Fruit		(MOZZARELLA, PEPPERONI)			
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					BREAKFAST FOR LUNCH
Meat/Meat Alternate	BEAN & CHEESE NACHOS	TURKEY MEATBALLS	GRILLED CHEESE SANDWICH	SAVORY PINTO BEANS	WHOLE WHEAT PANCAKES
Whole Grain/Grain Alternate	WHOLE GRAIN CHIPS	WHOLE WHEAT SUB ROLL	WHOLE WHEAT BREAD	ENRICHED BROWN RICE	SCRAMBLED EGGS
Vegetable or Fruit	MANGO CHUNKS	BLUEBERRIES	FRUIT COCKTAIL	ORANGE SMILES (SLICES)	RASPBERRIES
Vegetable	CARROT STICKS	FRENCH FRIES	TOMATO SOUP	GRILLED VEGETABLES	ROASTED POTATOES
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK	FRUIT & VEGGIE CUPS				CAPRESE BRUSCHETTA
Meat/Meat Alternate	ENRICHED PRETZEL STICKS	ENRICHED ANIMAL CRACKERS	WHOLE GRAIN CHEESE CRACKERS	LOW FAT YOGURT	WHOLE WHEAT SANDWICH THINS
Whole Grain/Grain Alternate	CUCUMBER STICKS	GROOVY GRAPES	SLICED KIWI	PEACHES	FRESH TOMATOES
Vegetable or Fruit	PINEAPPLE STICKS				MOZZARELLA CHEESE
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER			Grilled Fish Tacos		
Meat/Meat Alternate	GRILLED CHICKEN	BEEF STICKS	GRILLED FISH	EXTRA CHEESE RAVIOLI	BBQ PULLED PORK
Whole Grain/Grain Alternate	ENRICHED CORNBREAD	ENRICHED HAWAIIAN ROLL	WHOLE GRAIN TORTILLA	ENRICHED RAVIOLI	WHOLE GRAIN BREADSTICKS
Vegetable or Fruit	SWEET POTATOES	ORANGE SMILES (SLICES)	PEACH SALSA	PEARS	PINEAPPLE RINGS
Vegetable	SWEET PEAS	GREEN BEANS	SWEET CORN	TOSSED SALAD	OVEN ROASTED BRUSSEL SPROUTS
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK					
Meat/Meat Alternate	WHOLE GRAIN TRAIL MIX	PEANUT/SOY/WOW BUTTER	ENRICHED GRAHAM CRACKERS	WG TORTILLA CHIPS	WHOLE GRAIN CHEEZ-ITS
Whole Grain/Grain Alternate	WHOLE WHEAT CHEX	GREEN APPLE SLICES	PLUMS	FRESH PICO DE GALLO	BLUEBERRIES
Vegetable or Fruit	RAISINS				
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
	* One year olds are served	Unflavored Whole Milk. Two years ol	ld and older are served unflavored 19	% or Fat Free Milk. Milk substitutes n	nust have a medical statement.





	Monday 8/19/24	Tuesday 8/20/24	Wednesday 8/21/24	Thursday 8/22/24	Friday 8/23/24
BREAKFAST	·	·	·	·	·
Whole Grain/Grain Alternate	ENRICHED MINI BAGEL	SPINACH & TOMATO OMELET	WHOLE GRAIN FRENCH TOAST	WHOLE GRAIN WAFFLES	ENRICHED BLUEBERRY MUFFIN
Vegetable or Fruit	WATERMELON CHUNKS	EGGS	PEAR HALVES	PEACHES	STRAWBERRIES
Fluid Milk	*MILK	APPLESAUCE	*MILK	*MILK	*MILK
		*MILK			
	☐ Whole Grain	□ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate	MULITGRAIN CHEERIOS	WHOLE WHEAT PITA POCKET	WHOLE WHEAT ENGLISH MUFFIN	WHOLE WHEAT GOLDFISH	ENRICHED SALTINE CRACKERS
Whole Grain/Grain Alternate	RED GRAPES (CUT APPROPRIATELY)	HUMMUS	RASPBERRIES	BLUEBERRIES	TURKEY & CHEESE CUBES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					
Meat/Meat Alternate	ORANGE CHICKEN LO-MEIN	BEEF SLOPPY JOE	HOME MADE BBQ CHICKEN PIZZA	TURKEY BURGER	SAVORY TUNA SALAD SANDWICH
Whole Grain/Grain Alternate	WHOLE GRAIN NOODLES	WHOLE WHEAT BUN	WHOLE WHEAT FLATBREAD	MULTI GRAIN BUN	WHOLE GRAIN PITA POCKETS
Vegetable or Fruit	KIWI SLICES	GARLIC MASHED POTATOES	WATERMELON SHAPES	APRICOT HALVES	SWEET PEAS
Vegetable	BROCCOLI	OVEN BAKED ZUCCHINI	GREEN BEANS	SWEET POTATO FRIES	CUCUMBER & TOMATO SALAD
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK				GARDEN PARTY PINWHEEL	AVOCADO EGG SALAD SANDWICH
Meat/Meat Alternate	WHOLE GRAIN SUNCHIPS	CURRY CHICKEN SALAD	CRISPY ROASTED CHICKPEAS	HUMMUS	EGGS
Whole Grain/Grain Alternate	CELERY STICKS W/RANCH	WHOLE WHEAT CRACKERS	PLUMS	WHOLE GRAIN TORTILLA	WHOLE WHEAT TOAST
Vegetable or Fruit				SWEET PEPPERS (ASSORTED)	AVOCADO
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	□ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER		BLACK BEAN & SWEET POTATO QUESADILLA			
Meat/Meat Alternate	ROASTED TURKEY SANDWICH	BLACK BEANS	STEAK TENDERS	TERIYAKI PORK	FISH FILET SANDWICH
Whole Grain/Grain Alternate	WHOLE WHEAT BREAD	WHOLE WHEAT QUESADILLA	WHOLE WHEAT ROLL	ENRICHED RICE PILAF	WHOLE WHEAT BUN
Vegetable or Fruit	ORANGE SMILES (SLICES)	TROPICAL FRUIT SALAD	FRENCH FRIES	APPLE SLICES	APRICOT HALVES
Vegetable	TOSSED SALAD	SWEET POTATOES	CREAMED SPINACH	BROCCOLI	MINI CORN ON THE COB
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK					
Meat/Meat Alternate	WHOLE GRAIN RICE CAKE	ENRICHED PRETZELS	ENRICHED GRAHAM CRACKERS	REFRIED BEANS	LOWFAT YOGURT
Whole Grain/Grain Alternate	MANGO SLICES	CARROT STICKS	BANANA	ENRICHED TORTILLA CHIPS	FRESH PEACHES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	□ Whole Grain	☐ Whole Grain	□ Whole Grain	☐ Whole Grain
	* One year olds are served	Unflavored Whole Milk. Two years of	ld and older are served unflavored 19	% or Fat Free Milk. Milk substitutes n	nust have a medical statement.
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	Monday 8/26/24	Tuesday 8/27/24	Wedneday 8/28/24	Thursday 8/29/24	Friday 8/30/24
BREAKFAST					
Whole Grain/Grain Alternate	WHOLE WHEAT MINI BAGEL	ENRICHED OATS	MULTI GRAIN CHEERIOS	WHOLE WHEAT WAFFLES	WHOLE GRAIN PANCAKES
Vegetable or Fruit	PEACHES	PEARS	RASPBERRIES	WARMED BLUEBERRY COMPOTE	PLUMS
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	☐ Whole Grain	□ Whole Grain	☐ Whole Grain	☐ Whole Grain	□ Whole Grain
AM SNACK				ANTS ON A LOG	WATERMELON POP RECIPE
Meat/Meat Alternate	ENRICHED MINI PANCAKES	WHOLE GRAIN ENGLISH MUFFIN	BOILED EGG HALVES	CELERY STICKS	ENRICHED MINI BAGEL
Whole Grain/Grain Alternate	TATOR TOTS	TROPICAL FRUIT SALAD	WHOLE GRAIN TRISCUIT CRACKERS	PEANUT/WOW/SOY BUTTER	WATERMELON POP
Vegetable or Fruit				RAISINS	
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					
Meat/Meat Alternate	HAM & CHEESE	CHICKEN SALAD	FISH STICKS	CHICKEN ALFREDO	HOMEMADE MAC AND CHEESE
Whole Grain/Grain Alternate	ENRICHED CROISSANT	ENRICHED PITA POCKET	MULTI GRAIN ROLL	WHOLE WHEAT PASTA	WHOLE WHEAT NOODLES
Vegetable or Fruit	STRAWBERRIES	PINEAPPLE RINGS	WATERMELON SHAPES	ORANGE SMILES (SLICES)	BAKED APPLES
Vegetable	KALE SALAD	HALVED CHERRY TOMATOES	BAKED FRENCH FRIES	STEAMED BROCCOLI	SWEET PEAS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK		BANANA LOVERS DAY	SWIMMING FISH		FRUIT & VEGGIE CUPS
Meat/Meat Alternate	WHOLE GRAIN RICE CAKES	WHOLE WHEAT FLOUR TORTILLA	WHOLE GRAIN GOLDFISH	WHOLE GRAIN RITZ CRACKERS	ENRICHED PRETZEL STICKS
Whole Grain/Grain Alternate	HONEYDEW MELON	PEANUT BUTTER/WOW BUTTER	TOMATO BISQUE	CHEDDAR CHEESE CUBES	CUCUMBER STICKS
Vegetable or Fruit		BANANAS			PINEAPPLE STICKS
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate	EXTRA CHEESE QUESADILLA	MINI TURKEY SLIDERS	CHICKEN TENDERS	SAVORY TUNA FISH SANDWICH	EXTRA CHEESE RAVIOLI
Whole Grain/Grain Alternate	WHOLE WHEAT TORTILLA	WHOLE WHEAT BUN	ENRICHED BREADSTICKS	WHOLE WHEAT HAWAIIAN ROLL	WHOLE WHEAT RAVIOLI
Vegetable or Fruit	ORANGE SLICES	APRICOTS	RASPBERRIES	CANTALOUPE CHUNKS	STRAWBERRIES
Vegetable	REFRIED PINTO BEANS	CELERY STICKS	PEAS & CARROTS	CREAMED SPINACH	ROASTED CAULIFLOWER
Fluid Milk	*MILK	* MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK			FRUIT PIZZA		
Meat/Meat Alternate	ENRICHED ANIMAL CRACKERS	WHOLE GRAIN RICE CAKES	WHOLE GRAIN MINI BAGEL	ENRICHED ANIMAL CRACKERS	WHOLE GRAIN CHIPS
Whole Grain/Grain Alternate	PLUMS	MANGOES	STRAWBERRIES	KIWI	TROPICAL FRUIT SALAD
Vegetable or Fruit					
Fluid Milk	WATER	WATER	(CREAM CHEESE/YOGURT-OPTIONAL)	WATER	
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ 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.				