

# August 2019 Menu

Discovery Isle Preschool \* 11740 Creek Road, CA 92064

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				1 Blueberry Bread w/ Fruit and milk	2 Cereal, Yogurt, Fruit and milk
Lunch				Taquitos, Refried Beans, Fruit and milk	Macaroni and Cheese, Veggies, Fruit and milk
PM Snack				Graham Crackers and milk	Cheese-Its and milk
Breakfast	5 Bagels w/Cream Cheese, Fruit and Milk	6 Biscuits, Fruit and Milk	7 Waffles, Fruit and Milk	8 Cereal, Yogurt, Fruit and Milk	9 Muffins, Fruit and Milk
Lunch	Spaghetti, Green Salad, Fruit and milk	Cut up Turkey Hot Dogs, Baked Beans, Fruit and milk	Enchilada, Rice, Fruit and Milk	Tuna Sandwiches, Chips, Fruit and milk	Mini Cheeseburgers, French Fries, Fruit and Milk
PM Snack	Pudding and Graham Crackers	Cheese and Crackers	Nilla Waffers and milk	Veggies w/Ranch and Crackers	Goldfish and Milk
Breakfast	12 Quesadilla, Fruit and Milk	13 Blueberry Bread, Fruit, and Milk	14 Pancakes, Fruit and Milk	15 English Muffin w/Jelly, Fruit and Milk	16 Waffles, Fruit and Milk
Lunch	Lasagna, Bread and Butter, Veggies and Milk	Meatloaf, Mashed Potatoes, Veggie, Fruit and Milk	Taquitos, Refried Beans, Fruit and Milk	Grilled Cheese Sandwich, Potato Chips, Veggies, and Milk	Pizza, Veggies, Fruit and Milk
PM Snack	Animal Cookies and Milk	Pudding and Graham Crackers	Cheese-Its and Milk	Goldfish and Milk	Veggies w/Ranch and Crackers
Breakfast	17 Bagels w/Cream Cheese, Fruit and Milk	18 Biscuits, Fruit and Milk	24 Muffins, Yogurt, Fruit and Milk	25 Waffles, Fruit and Milk	26 Cereal, Fruit and Milk
Lunch	Macaroni and Cheese, Bread and Butter, Veggies, Fruit, and Milk	Parmesan Chicken Sandwiches, Green Salad, Fruit and milk	Mini Cheeseburgers, French Fries, Fruit and Milk	Turkey Roll Up, Veggies, Fruit and Milk	Baked Pasta Shells, Veggies Fruit and Milk
PM Snack	Cheese and Crackers	Graham Crackers w/ cream	Veggies w/Ranch and Crackers	Goldfish and Milk	Cookies and Milk
	26	27	28	29	30
Breakfast	Quesadilla, Fruit and Milk	Cereal, Yogurt, Fruit and Milk	Family Breakfast: Pancakes, Turkey Bacon, Fruit and Milk	English Muffins w/ jelly, Fruit and Milk	Blueberry Bread w/ Fruit and Milk
Lunch	Tuna Sandwiches, Chips, Fruit and Milk	Enchiladas, Rice, Fruit and Milk	Pizza, Veggies, Fruit, and Milk	Meatloaf, Mashed Potatoes, Fruit and Milk	Bean and Cheese Burritos, Veggies, Fruit and milk
PM Snack	Animal Cookies and Milk	Goldfish and Milk	Veggies w/Ranch and Crackers	Nilla Waffers and Milk	Cheese Its and Milk