

August 2022 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	1 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	2 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)	3 Waffle (1), Fruit (3/4C) and Milk (6oz)	4 Granola (1/3C), Organic yogurt (1/3C),Fruit (1/2C), Milk	5 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch	Food from Home	Food from Home	Food from Home	Food from Home	Food from Home
PM Snack	Pretzels (3/4 C), Fruit (1) and Water	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Animal Crackers (6),Milk (6oz)	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)	Grahams w/cream cheese(1), Juice(3/4C)
Breakfast	8 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	9 Bagels (1/2),Organic yogurt (1/3C), Fruit (1/2C), Juice (4oz)	10 French Toast (1/2), Fruit (1/2C), Milk (6oz)	11 Waffle (1), Fruit (1/2C), Milk (6oz)	12 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch	Food from Home	Food from Home	Food from Home	Food from Home	Food from Home
PM Snack	Goldfish Crackers (1oz) Fruit (1/2c) and Juice (3/4c)	Pretzels (3/4 C), Fruit (1) and Water	Yogurt & Apple slices and water (3/4C)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)
Breakfast	15 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	16 French Toast Sticks (2), Fruit (3/4) and Milk (6oz)	17 Granola (1/3 C),Organic yogurt (1/3C), Fruit (1/2C), Juice (4oz)	18 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)	19 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch	Food from Home	Food from Home	Food from Home	Food from Home	Food from Home
PM Snack	Grahams w/cream cheese(1), Juice(3/4C)	Goldfish Crackers (1oz), Fruit (1/2C), Juice (3/4C)	Pretzels (3/4 C), Fruit (1) and Water	Yogurt & Apple slices and water (3/4C)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)
Breakfast	22 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	23 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)	24 Granola(1/4 C), Organic yogurt (1/2C), water (6oz)	25 Waffle (1), Fruit (1/2C), Milk (6oz)	26 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch	Food from Home	Food from Home	Food from Home	Food from Home	Food from Home
PM Snack	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)	Wheat thins(4), Cream Cheese (1oz), Milk (6oz)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Grahams w/cream cheese(1), Juice(3/4C)	Goldfish Crackers (1oz), Fruit (1/2C), Juice (3/4C)
Breakfast	29 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	30 Waffle (1), Fruit (1/2C), Milk (6oz)	31 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)		
Lunch	Food from Home	Food from Home	Food from Home		
PM Snack	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Yogurt & Apple slices and water (3/4C)	Pretzels (3/4 C), Fruit (1) and Water		

