

# August 2023 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>		1 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	2 Waffle (1), Fruit (3/4C) and Milk (6oz)	3 French Toast Sticks (2), Fruit (3/4) and Milk (6oz)	4 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
<b>Lunch</b>		Food from Home	Food from Home	Food from Home	Food from Home
<b>PM Snack</b>		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)
<b>Breakfast</b>	7 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	8 Bagels (1/2), Cream Cheese, Fruit (1/2C), Juice (4oz)	9 Pancake (1), Fruit (1/2C), Juice (4oz)	10 Waffle (1), Fruit (1/2C), Milk (6oz)	11 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
<b>Lunch</b>	Food from Home	Food from Home	Food from Home	Food from Home	Food from Home
<b>PM Snack</b>	Goldfish Crackers (1oz) Fruit (1/2c) and Juice (3/4c)	Grahams , 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)
<b>Breakfast</b>	14 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	15 French Toast Sticks (2), Fruit (3/4) and Milk (6oz)	16 Bagels (1/2),Cream cheese, Fruit (1/2C), Juice (4oz)	17 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)	18 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
<b>Lunch</b>	Food from Home	Food from Home	Food from Home	Food from Home	Food from Home
<b>PM Snack</b>	Grahams w/cream cheese(1), Juice(3/4C)	Goldfish Crackers (1oz), Fruit (1/2C), Juice (3/4C)	Nilla Wafers , Fruit (1) and Water	Yogurt & Apple slices and water (3/4C)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)
<b>Breakfast</b>	21 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	22 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)	23 French Toast (1/3 C), Fruit (1/2C), Juice (4oz)	24 Waffle (1), Fruit (1/2C), Milk (6oz)	25 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
<b>Lunch</b>	Food from Home	Food from Home	Food from Home	Food from Home	Food from Home
<b>PM Snack</b>	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)	Animal Crackers (6), 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)
<b>Breakfast</b>	28 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	29 Waffle (1), Fruit (1/2C), Milk (6oz)	30 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)	31 Pancake (1), Fruit (1/2C), Juice (4oz)	
<b>Lunch</b>	Food from Home	Food from Home	Food from Home	Food from Home	
<b>PM Snack</b>	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Nilla Wafers, Fruit (1) and Water	Animal Crackers (6), Milk (6oz)	Goldfish Crackers (1oz), Fruit (1/2C), Juice (3/4C)	

