



AUGUST MENU



Discovery Isle
Preschool

GREEN = Wheat, Whole-Grain, & Multi-Grain Items

PURPLE = 2 yr old Substitution

RED = Vegetarian Option

Meatless MONDAY		Taco TUESDAY		Chicken WEDNESDAY		Sammy THURSDAY		Fun FRIDAY
3		4		5		6		7
Breakfast	Chef's Choice Day	WG Mini Bagel, Cream Cheese, Milk		WG Cereal Oatmeal Bar, Applesauce, Milk		WG French Toast Sticks, 1/2 Banana, Milk		Cereal, Fruit, Milk
Lunch	Chef's Choice Day	Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Fruit, Green Beans, Milk		WG Chicken Nuggets (WG Vegan Chicken Nuggets), Fruit, Sweet Peas, Milk		Cheeseburger on WG Bun (Vegetarian Griller), Potato Coins, Fruit, Milk		MYO Pizza, Diced Carrots, Fruit Mix, Milk
PM Snack	Chef's Choice Day	Graham Crackers, Yogurt, Water -		Cucumber Slices, Hummus, Water		Crackers, Mozzarella String Cheese, Water		Fresh Fruit Animal Crackers, Water
10		11		12		13		14
Breakfast	WG Waffle, Mixed Berries, Milk	Cereal, Strawberry Slices, Milk		Fruit, Yogurt, Milk		French Toast, Blueberries, Milk		WG Cereal, 1/2 Banana, Milk
Lunch	WG Veggie Eggroll, Sweet Peas, Tropical Fruit, Milk	Chicken Taco, Diced Mango, Corn, Milk		WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Pears, Milk		Turkey Burger on WG Bun (Vegetarian Griller), Pineapple Tidbits, Green Beans, Milk		Breakfast for Lunch - WG Pancake, Turkey Sausage Patty (Veggie Crumbles), Mandarin Oranges, Milk
PM Snack	WG Vanilla Graham Bears, Mandarin Oranges, Water	Fresh Apple Slices, Sunbutter, Water Applesauce, WG Tasteros		Townhouse Crackers, American or Cheddar Cheese Slice, Water		Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices		Cream Cheese & Jelly Rollyups, Water
17		18		19		20		21
Breakfast	Chef's Choice Day	WG French Toast Sticks, Berry Mix, Milk		WG Cereal Oatmeal Bar, Milk		Yogurt, Blueberries, Milk		Cereal, Fruit, Milk
Lunch	Chef's Choice Day	WG Pancake "Taco" Turkey Sausage (Vegan Crumbles), Diced Peaches, Sweet Peas, Milk		Roasted Chicken WG Pasta Salad, (Vegan Nuggets), Pineapples, Diced Carrots, Milk		Sloppy Joe Sammy (Vegan Griller), Mixed Veggies, Fruit Cocktail, Milk		WG Chicken Nuggets (WG Vegan Chicken Nuggets), Fruit, Sweet Peas, Milk
PM Snack	Chef's Choice Day	Cucumber Slices w/Ranch, Water, Diced Cucumbers		WG Rice Cake, Sunbutter, Water		Fresh Apple Slices, Mozzarella String Cheese, Water		Graham Crackers, Yogurt, Water -
24		25		26		27		28
Breakfast	WG Apple Cinnamon Loaf, Fruit, Milk	WG Cereal, 1/2 Banana, Milk		WG Oatmeal Cereal Bar, 1/2 Orange, Milk		WG French Toast Sticks, Berries, Milk		WG Cereal, 1/2 Banana, Milk
Lunch	Grilled Cheese on WG Bread, String Beans, Diced Peaches Milk	WG Beef/Turkey Tacos (Vegan Crumbles), Broccoli, Applesauce, Milk		BBQ Chicken on WG Slider (Vegan Nuggets), Peas & Carrots, Tropical Fruit, Milk		Chicken Patty Sammy (Vegan Griller) on WG Bread, Diced Pears, Corn, Milk		Lunchable - WG Flatbread Turk/Cheese Stacker (Cheese), Mixed Veg, Pineapple, Milk
PM Snack	WG Champ Bites, Mandarin Oranges, Water	Fresh Apple Slices, Sunbutter, Water - Applesauce, Graham Cracker		WG Soft Pretzel Rod, Applesauce, Water WG Vanilla Bear Graham		Crackers, American Cheese Slice, Water		Ice Cream Cup, WG Graham Cracker, Water

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz)

Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz)

Canned fruit are in natural juices.