



AUGUST MENU



GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = 2 Yr Old Substitution

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
AM Snack	Mini Bagel, Cream Cheese, Milk	Cereal with Milk	Quesadilla with Fruit	Pancakes with Fruit	Cereal with Banana and Milk
PM Snack	Watermelon Snack	Strawberry or Vanilla Yogurt, Water	Cucumber Slices, Hummus, Water - Diced Cucumber	Mozzarella String Cheese, Water - WG Graham Cracker	Frozen Fruit Push Pop, Water
	10	11	12	13	14
AM Snack	Cereal with Milk	French Toast Sticks, Milk	Strawberry or Vanilla Yogurt	Cereal with Milk	Waffle sticks, Milk
PM Snack	WG Vanilla Graham Bears, Water	Fresh Apple Slices, Water, Applesauce	Crackers, American or Cheddar Cheese Slice, Water	Cucumber Slices, Ranch, Water - Diced Cucumber Slices	Crackers with Sunbutter
	17	18	19	20	21
AM Snack	Mini Bagel, Cream Cheese, Milk	Cereal with Banana and Milk	Quesadilla with Fruit	Cornbread with Milk	Cereal with Milk
PM Snack	Cucumber Slices, Hummus, Water - Diced Cucumber	WG Vanilla Graham Bears, Water	WG Rice Cake, Sunbutter, Water	Mozzarella String Cheese, Water - Diced Mandarin Oranges	Fresh Apple Slices, Sunbutter, Water
	24	25	26	27	28
AM Snack	Cereal with Milk	Waffle sticks, Milk	WG Oatmeal Cereal Bar	Cereal with Milk	Quesadilla with Fruit
PM Snack	WG Champ Bites, Water	Fresh Apple Slices, Sunbutter, Water - Applesauce	WG Soft Pretzel Rod, Water - WG Vanilla Graham Bear	Crackers, American Cheese Slice, Water	Tatertots with Ketchup, 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 juice