

Early Learning Center August 2019 Menu

Every Breakfast Includes:

1. Fruit-1 Cup
2. Grain-1 to 2 Ounces
3. Dairy-8 Ounces

Optional meat/meat alternate may be offered as well.

Every Lunch Includes:

1. Fruit-1/2 Cup
2. Vegetable-3/4 Cup
3. Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or

Every Snack Includes 2 of the following Categories:

- Fluid Milk
- 100% Juice, Fruit or Vegetable
- Meat or Meat Alternate
- Whole Grains

Save time & money! No Fees for Food Service online Depositing!

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Click on Online Payment under Quick Links and follow the prompts.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Breakfast: Blueberry Muffin</u> Stuffed Crust Pizza-wg Tater Tots-wg California Vegetables Pears Milk Snack: Applesauce/Crackers	2 <u>Breakfast: Cereal</u> Bosco Sticks-wg Spaghetti in Marinara-wg Broccoli Mixed Fruit Cookie-wg Snack: Goldfish-wg/Fruit
5 <u>Breakfast: Cereal</u> Popcorn Chicken-wg Mashed Potatoes Glazed Carrots Peaches Milk Snack: Cheese Stick/100% Juice	6 <u>Breakfast: Mini Waffles</u> Taco in a Bag-wg Baked Beans Mandarin Oranges Milk Snack: Cheese-Its-wg/Fruit	7 <u>Breakfast: Mini French Toast</u> SACK LUNCH DAY Grilled Cheese-wg Baby Carrots Applesauce Cup Cookie-wg Milk Snack: Banana/Crackers	8 NO SCHOOL	9 NO SCHOOL
12 NO SCHOOL	13 NO SCHOOL	14 NO SCHOOL	15 <u>Breakfast: Pancakes</u> Taco in a Bag-wg Corn Pears Brownie Milk Snack: Cheez-its-wg/100% Juice	16 <u>Breakfast: Muffin</u> Bosco Sticks-wg California Vegetables Mixed Fruit Cookie-wg Snack: Apple Slices/Crackers
19 <u>Breakfast: Cereal</u> Popcorn Chicken-wg Baked Beans Broccoli Peaches Milk Snack: Cheese Stick/100% Juice	20 <u>Breakfast: Mini Waffles</u> Chicken Fried Chicken-wg Mashed Potatoes Green Beans Mandarin Oranges Milk Snack: Teddy Grahams wg/Milk	21 <u>Breakfast: Mini French Toast</u> Toasted Ravioli-wg Glazed Carrots Applesauce Cookie-wg Milk Snack: Banana/Crackers	22 <u>Breakfast: Pancakes</u> Grilled Cheese-wg Tater Tots-wg Carroteenies Pears Milk Snack:: Applesauce/Milk	23 <u>Breakfast: Muffin</u> Orange Chicken Brown Rice California Vegetables Mixed Fruit Cookie-wg Snack: Goldfish-wg/100% Juice
26 <u>Breakfast: Cereal</u> Mini Corn Dogs-wg Mashed Potatoes Glazed Carrots Peaches Milk Snack: Animal Crackers wg/Milk	27 <u>Breakfast: Mini Waffles</u> Sausage Patty Pancake-wg Baked Peaches Milk Snack: Yogurt/100% Juice	28 <u>Breakfast: Mini French Toast</u> Stuffed Crust Pizza-wg Baked Beans Applesauce Cookie-wg Milk Snack: Banana/Milk	29 <u>Breakfast: Pancakes</u> Taco in a Bag-wg Corn Pears Brownie Milk Snack: Cheez-its-wg/100% Juice	30 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY FOR STAFF