



# August Menu

Day 1	Day 2	Day 3
<b>Breakfast</b> Biscuit, bananas, milk <b>Lunch</b> Beef spaghetti, green beans, cantaloupe, milk <b>P.M. Snack</b> Cottage cheese, Ritz crackers	<b>Breakfast</b> Blueberry muffin, cantaloupe, milk <b>Lunch</b> Parmesan Chicken over noodles, peas, apples, milk <b>P.M. Snack</b> English muffin, pineapple	<b>Breakfast</b> French toast, apples, milk <b>Lunch</b> Sausage Ring, biscuit, corn, pears, milk <b>P.M. Snack</b> Yogurt, mandarin oranges
Day 4	Day 5	Day 6
<b>Breakfast</b> Croissants, pears, milk <b>Lunch</b> Pork Meatballs, noodles, peas & carrots, pineapple, milk <b>P.M. Snack</b> Cheese stick, croissant	<b>Breakfast</b> Cereal, pineapple, milk <b>Lunch</b> Chicken & Rice, mixed veggies, bananas, milk <b>P.M. Snack</b> Colby cheese cubes, strawberries	<b>Breakfast</b> Cinnamon roll, bananas, milk <b>Lunch</b> Cheese & Refried Soft Burritos, applesauce, milk <b>P.M. Snack</b> Mix berry muffin, milk
Day 7	Day 8	Day 9
<b>Breakfast</b> waffles, applesauce, milk <b>Lunch</b> Chicken Fried Rice, peas, oranges, milk <b>P.M. Snack</b> Bread slice, milk	<b>Breakfast</b> Toast, oranges, milk <b>Lunch</b> Fish sticks or chicken nuggets, bread slice, tater tots, peaches, milk <b>P.M. Snack</b> Ritz crackers, cheese	<b>Breakfast</b> Blueberry pancakes, peaches, milk <b>Lunch</b> Sloppy Joes, green beans, grapes, milk <b>P.M. Snack</b> Apple crisp, milk

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

Recipe sources: <http://www.recipezaar.com/> <http://www.bhg.com/recipe/> <http://www.pammshouse.com/dcrecipes.html>

<http://stepbystepcc.com/menu2.html> [http://www.nal.usda.gov/childcare/Recipes/recipes\\_menus.html](http://www.nal.usda.gov/childcare/Recipes/recipes_menus.html)

Water is served throughout the day and upon request

Meal may be substituted with something different depending on availability of food when shopping or cooking project

Menu will be posted weekly on refrigerator and in the front of the sign in/out book



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Day 10	Day 11	Day 12
<b>Breakfast</b> Apple muffin, grapes, milk <b>Lunch</b> Baked Pork Chops, noodles, peas, mixed fruit, milk <b>P.M. Snack</b> Cheese Quesadillas	<b>Breakfast</b> Hoecakes, mixed fruit, milk <b>Lunch</b> Boiled Octopus ☺, green seaweed ☺, corn, grapes, milk <b>P.M. Snack</b> Cheddar cheese cubes, croissant	<b>Breakfast</b> Raspberry muffin, strawberries, milk <b>Lunch</b> Hamburger Stroganoff, carrots, grapes, milk <b>P.M. Snack</b> Toast, applesauce
Day 13	Day 14	Day 15
<b>Breakfast</b> Banana, banana bread, hash browns, milk <b>Lunch</b> Cheese Pizza, green beans, oranges, milk <b>P.M. Snack</b> Macaroni & cheese, carrots	<b>Breakfast</b> Cereal, grapes, milk <b>Lunch</b> Teriyaki chicken, bread slice, mixed veggies, pineapple, milk <b>P.M. Snack</b> Graham crackers, milk	<b>Breakfast</b> English muffin, pineapple, milk <b>Lunch</b> Beef Smokies, toast, hash browns, apples, milk <b>P.M. Snack</b> Bananas, milk
Day 16	Day 17	Day 18
<b>Breakfast</b> Cereal, apples, milk <b>Lunch</b> Spaghetti Macaroni, corn, bananas, milk <b>P.M. Snack</b> Cheese stick, oranges	<b>Breakfast</b> Bagel, tater crowns, milk <b>Lunch</b> Stroganoff Pork Chops, green beans, applesauce, milk <b>P.M. Snack</b> Colby cheese cubes, crackers	<b>Breakfast</b> Pumpkin muffins, applesauce, milk <b>Lunch</b> Chicken Tacos, peas, strawberries, milk <b>P.M. Snack</b> Cottage cheese, bagel

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

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Day 19	Day 20	Day 21
<b>Breakfast</b> Toast, bananas, milk <b>Lunch</b> Tantalizing Tangy Meatloaf, corn muffin, carrots, apples, milk <b>P.M. Snack</b> Cookies, milk	<b>Breakfast</b> Pancakes, strawberries, milk <b>Lunch</b> Fish sticks or chicken nuggets, biscuit, mixed veggies, pears, milk <b>P.M. Snack</b> Easy peach crisp, milk	<b>Breakfast</b> HM French toast sticks, pears, milk <b>Lunch</b> Sloppy Joes on a bun, green beans, kiwi, milk <b>P.M. Snack</b> pancakes, milk
Day 22	Day 23	
<b>Breakfast</b> Cereal, kiwi, milk <b>Lunch</b> Chicken Enchiladas, corn, apples, milk <b>P.M. Snack</b> Cheddar cheese slice, saltine crackers	<b>Breakfast</b> Croissants, apples, milk <b>Lunch</b> Pork Chop Parmesan, noodles, carrots, cantaloupe, milk <b>P.M. Snack</b> Elephant ears, milk	

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

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