



# August



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>		Oatmeal/ Oats(WG), Fruit Cocktail, Lowfat Milk - 1	Ham, English Muffin(WG), Peaches, Lowfat Milk - 1%	Pancakes / Waffles, Pears, Lowfat Milk - 1	Am. Cheese, Wheat Bread(WG),Pinea pple, Lowfat Milk
<b>Lunch</b>		Ricotta Cheese, Lasagna Noodles(WG), Mixed Vegetables, Strawberries, Lowfat Milk - 1%	Turkey Breast, Wheat Bread(WG), Lettuce And Tomato, Potato Sweet/Yams, Lowfat Milk - 1%	Chicken Breasts, Brown Rice(WG), Mixed Vegetables, Plums, Lowfat Milk - 1%	Mozzarella Cheese, Pizza Crust, Spinach, Mandarin / Tangeri, Lowfat Milk - 1%
<b>PM Snack</b>		Banana Bread, Kiwi	Pretzel - Hard, Bananas	Yogurt, Graham Crackers, Blueberries	Chicken Noodle Sou, -, Tropical Juicy Juice
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Pancakes / Waffles, Pears, Lowfat Milk - 1%	American Cheese, Wheat Bread(WG), Applesauce,	Cream of Wheat(WG), Honeydew Melon, Lowfat Milk - 1%	Salmon, Wheat Bread(WG), Mangoes, Lowfat Milk - 1%	Oatmeal / Oats, Raspberries, Lowfat Milk - 1%
<b>Lunch</b>	American Cheese, Macaroni Noodles, Great Northern Bea Pineapple, Lowfat	Turkey Breast, Cornbread(WG), Mixed Vegetables, Potato	Fish Fillets, Brown Rice(WG), Kale, Fruit Cocktail, Lowfat Milk - 1%	Round Steak, Ramen Noodle Soup, Broccoli, Plums, Lowfat	Tuna, Wheat Bread(WG), Spinach, Oranges, Lowfat Milk - 1%
<b>PM Snack</b>	String Cheese, Wheat Crackers, Tropical Fruit Jui	Rice Cake(WG), Cantaloupe	Chicken Ground, Flour Tortillas(WG) Salsa	Colby Cheese, English Muffin, --, Cherry Juice	Graham Crackers(WG), --, Bananas
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cheddar Cheese, Grits, Fruit Salad, Lowfat Milk - 1%	Egg, Bagel(WG), Peaches, Lowfat Milk - 1%	Cheddar Cheese, Croissants, Pears, Lowfat Milk	Turkey Ground, Flat Bread, Plums Lowfat Milk - 1%	Biscuits, Applesauce, Lowfat Milk - 1%
<b>Lunch</b>	Pork Roast, Brown Rice(WG), Mixed Vegetables, Nectarines, Lowfat Milk - 1%	Chicken Breasts, Ramen Noodle Soup, Green Beans, Mandarin / Tangeri, Lowfat	Beef Ground, Flour Tortillas(WG), Baked Potato, Apples, Lowfat Milk - 1%	Salmon, Wild Rice(WG), Spinach, Fruit Cocktail, Lowfat Milk - 1%	Mozzarella Cheese, Pizza Crust, Corn, Pineapple, Lowfat Milk - 1%
<b>PM Snack</b>	Animal Crackers, Bananas	Rice Cake(WG), Honeydew Melon	String Cheese, Wheat Crackers(WG),	Turkey Breast, Wheat Bread(WG), Carrots	Cheese Crackers, Apple Juice

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Egg, Bagel(WG), Peaches, Lowfat Milk - 1%	Cheddar Cheese, Croissants, Pears, Lowfat Milk - 1%	Mozzarella Cheese, Flat Bread, Plums, Lowfat Milk - 1%	Cream of Wheat(WG), Applesauce, Lowfat Milk - 1%	Cheerios(WG), Bananas, Lowfat Milk - 1%
<b>Lunch</b>	Chicken Breasts, Ramen Noodle Soup, Green Beans, Mandarin / Tangeri, Lowfat Milk - 1%	Beef Ground, Rolls(WG), Baked Potato, Apples, Lowfat Milk - 1%	Salmon, Brown Rice(WG), Spinach, Fruit Cocktail, Lowfat Milk - 1%	Pork Roast, White Rice, Mixed Vegetables, Nectarines, Lowfat Milk - 1%	Beef Meatballs, Egg Noodles, Tossed Salad, Pineapple, Lowfat Milk - 1%
<b>PM Snack</b>	String Cheese, Rice Cake(WG)	Split Pea Soup, Wheat Crackers(WG), --, Apple-Pear Juice	Turkey Breast, Wheat Bread(WG), Carrots	Animal Crackers, -, Grapefruit	Muffins(WG), Apple-Cherry Juice
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Total Whole Wheat(WG), --, Strawberries, Lowfat Milk - 1%	Oatmeal (WG) Raspberries, Lowfat Milk-1%	Cheddar Cheese, Croissants, Pears, Lowfat Milk	Special K, Bananas, Lowfat Milk - 1%	
<b>Lunch</b>	Fish Fillets, Cornbread, Blackeyed Peas, Fruit Cocktail, Lowfat Milk - 1%	Tuna, Wheat Bread(WG), Spinach, Oranges, Lowfat Milk - 1%	Beef Ground, Flour Tortillas(WG), Baked Potato, Apples, Lowfat Milk - 1%	Turkey Ground, Buns(WG), French Fries, Applesauce Lowfat Milk - 1	
<b>PM Snack</b>	Pretzel - Hard, Applesauce	Graham Crackers(WG) Bananas	String Cheese, Wheat Crackers(WG),	Ham, Flat Bread, Kale,	

**\*\*\*All Breakfast, Lunch and Supper Meals will be served with 1% Milk\*\*\***