



# August



# 2024



**Care a lot**  
"Where caring is at the heart of what we do!"

			<p><u>1</u></p> <p><b>Breakfast</b> Biscuits Oranges</p> <p><b>Lunch</b> Turkey &amp; Cheese Wrap Fresh Veggies Watermelon</p> <p><b>Snack</b> Ritz Crackers Soynut Butter</p>	<p><u>2</u></p> <p><b>Breakfast</b> English Muffins Blueberries</p> <p><b>Lunch</b> Cheese Pizza Cauliflower Honeydew Melon</p> <p><b>Snack</b> Teddy Grahams Pudding</p>
<p><u>5</u></p> <p><b>Breakfast</b> French Toast Sticks Pears</p> <p><b>Lunch</b> Corn Dogs Peas Cantaloupe</p> <p><b>Snack</b> Animal Crackers Tropical Fruit</p>	<p><u>6</u></p> <p><b>Breakfast</b> Corn Chex Mandarin Oranges</p> <p><b>Lunch</b> Beef Taco w lettuce and cheese Corn Pineapple</p> <p><b>Snack</b> Goldfish Watermelon</p>	<p><u>7</u></p> <p><b>Breakfast</b> Bagel Blueberries</p> <p><b>Lunch</b> Hot dog on a bun Vegetarian Baked Beans Honeydew Melon</p> <p><b>Snack</b> Cornbread Peaches</p>	<p><u>8</u></p> <p><b>Breakfast</b> Cinnamon Toast Bananas</p> <p><b>Lunch</b> Chicken and Rice Mixed Veggies Apple Slices</p> <p><b>Snack</b> Soft Pretzels Cheese Cubes</p>	<p><u>9</u></p> <p><b>Breakfast</b> Waffles Strawberries</p> <p><b>Lunch</b> Soynut butter &amp; jelly sandwich Pasta Salad Grapes</p> <p><b>Snack</b> Ants on a log (Bananas for Babies)</p>
<p><u>12</u></p> <p><b>Breakfast</b> Yogurt Bananas</p> <p><b>Lunch</b> Hamburger Sliders Tater Tots Honeydew Melon</p> <p><b>Snack</b> Rice Krispies Treats Mandarin Oranges</p>	<p><u>13</u></p> <p><b>Breakfast</b> Oatmeal Muffins Pears</p> <p><b>Lunch</b> Cheese Quesadillas Tomato Salsa Peas Tropical Fruit</p> <p><b>Snack</b> Graham Crackers Peaches</p>	<p><u>14</u></p> <p><b>Breakfast</b> Scrambled Eggs Watermelon</p> <p><b>Lunch</b> Waffles Turkey Sausage Hashbrowns Applesauce</p> <p><b>Snack</b> Pretzels Cantaloupe</p>	<p><u>15</u></p> <p><b>Breakfast</b> Pancakes Raspberries</p> <p><b>Lunch</b> Chicken Nuggets Cauliflower Pineapple</p> <p><b>Snack</b> Apple Straws 100% Juice</p>	<p><u>16</u></p> <p><b>Breakfast</b> Life Cereal Fruit Cocktail</p> <p><b>Lunch</b> Sloppy Joes Roll Broccoli Strawberries</p> <p><b>Snack</b> Fresh Veggies Dip</p>



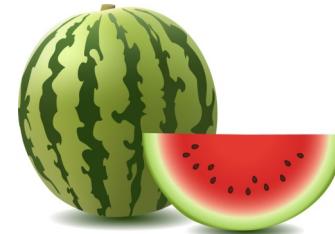
## Easy Watermelon Smoothie

1 Serving

1 cup frozen watermelon. Any variety will work, though seedless is easiest.

1/2 cup Greek yogurt: You can use plain or vanilla.

**TIP:** You'll need to freeze the watermelon ahead of time (at least 6 hours) to give it the classic smoothie texture, but otherwise it's super simple! And if you forget to do that, you can add a few ice cubes.



Directions:

1. Freeze the Watermelon
2. Add it to a blender with the yogurt
3. Blend, Starting on Low and working up to High
4. Sweeten to taste with [maple syrup](#) or honey (which may or may not be needed depending on the flavor of the melon).

**TIP:** You can use vanilla yogurt if you prefer or non-dairy Greek style yogurt



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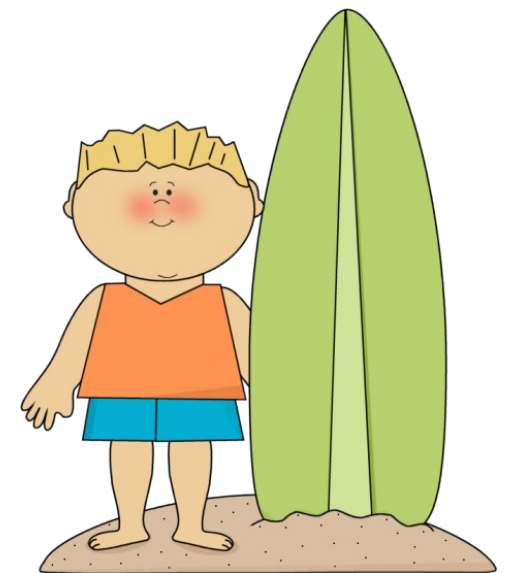
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## Care a lot

"Where caring is at the heart of what we do!"

<p><b>19</b></p> <p><b>Breakfast</b> Cinnamon Toast Honeydew Melon</p> <p><b>Lunch</b> BBQ Chicken Roll Broccoli Applesauce</p> <p><b>Snack</b> Cheez its Grapes</p>	<p><b>20</b></p> <p><b>Breakfast</b> Biscuits Peaches</p> <p><b>Lunch</b> Turkey &amp; Cheese Sandwich Potato Chips Peas Fruit Cocktail</p> <p><b>Snack</b> Ritz Crackers String Cheese</p>	<p><b>21</b></p> <p><b>Breakfast</b> Kix Oranges</p> <p><b>Lunch</b> Chicken Taco w lettuce &amp; cheese Carrots Pineapple</p> <p><b>Snack</b> Teddy Grahams Bananas</p>	<p><b>22</b></p> <p><b>Breakfast</b> Cornbread Tropical Fruit</p> <p><b>Lunch</b> Cheese Pizza Green Beans Watermelon</p> <p><b>Snack</b> Yogurt Blackberries</p>	<p><b>23</b></p> <p><b>Breakfast</b> Bagel Apple Slices</p> <p><b>Lunch</b> Spaghetti &amp; Meatballs Salad Pears</p> <p><b>Snack</b> Animal Crackers Mandarin Oranges</p>
<p><b>26</b></p> <p><b>Breakfast</b> Pancakes Pineapple</p> <p><b>Lunch</b> Grilled Cheese Tomato Soup Peas Fruit Cocktail</p> <p><b>Snack</b> Soft Pretzels Cheese cubes</p>	<p><b>27</b></p> <p><b>Breakfast</b> Scrambled Eggs Turkey Sausage Orange Juice</p> <p><b>Lunch</b> Southwest Chicken w Black Beans Corn Tortilla Chips Tropical Fruit</p> <p><b>Snack</b> Trail Mix Raisins</p>	<p><b>28</b></p> <p><b>Breakfast</b> Waffles Peaches</p> <p><b>Lunch</b> Chicken Nuggets Broccoli Watermelon</p> <p><b>Snack</b> Fresh Veggies Dip</p>	<p><b>29</b></p> <p><b>Breakfast</b> Berry Cheerios Honeydew Melon</p> <p><b>Lunch</b> Corn Dogs Carrots Oranges</p> <p><b>Snack</b> Graham Crackers Cantaloupe</p>	<p><b>30</b></p> <p><b>Center Closed</b></p> <p><b>Staff Training</b></p>



- Notes:**
- This menu is peanut-free
  - Whole Milk is served to children under 2 years of age w/ Breakfast at 8:30am, and Lunch at 11:30am.
  - 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up

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