



### August Monthly Menu

Whole milk is provided for children 12 months-18 months. 1% milk is provided for children 18 months and older. We serve 1 whole grain rich food item and 1 fresh fruit each day.

\*Please let your child's teacher know if there are any foods they should NOT be served!

Infant families- Food should be introduced at home prior to being served here at CAL. Thank you!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8/5-8/9	<b>Breakfast:</b> Chex & Blueberries  <b>Snack:</b> Cheez-its & Raisins	<b>Breakfast:</b> Pancakes & Grapes  <b>Snack:</b> Graham Crackers & Pineapple	<b>Breakfast:</b> French Toast Sticks & Bananas  <b>Snack:</b> Goldfish & Mandarin Oranges	<b>Breakfast:</b> Waffles & Peaches  <b>Snack:</b> Yogurt & Raisins	<b>Breakfast:</b> Cheerios & Apple slices  <b>Snack:</b> Ritz crackers & Cheese Cubes
Week 8/12-8/16	<b>Breakfast:</b> Rice Krispies & Grapes  <b>Snack:</b> Rice Cakes & Cucumbers w/ Ranch	<b>Breakfast:</b> Bagels & Strawberries  <b>Snack:</b> Animal Crackers & Mixed Fruit	<b>Breakfast:</b> Pancakes & Applesauce  <b>Snack:</b> Apple slices w/ sunflower butter & Saltines	<b>Breakfast:</b> French Toast Sticks & Blueberries  <b>Snack:</b> Banana Bread & Milk	<b>Breakfast:</b> Chex & Bananas  <b>Snack:</b> Pretzels & cheese sticks
Week 8/19-8/23	<b>Breakfast:</b> Kix & Mixed Fruit  <b>Snack:</b> Animal Crackers & Strawberries	<b>Breakfast:</b> Waffles & Mandarin Oranges  <b>Snack:</b> Cheez its & Applesauce	<b>Breakfast:</b> Bagels & Grapes  <b>Snack:</b> Graham Crackers & Yogurt	<b>Breakfast:</b> Pancakes & Strawberries  <b>Snack:</b> Goldfish & Cheese stick	<b>Breakfast:</b> Kix & Pineapple  <b>Snack:</b> Pretzels & Cheese sticks
Week 8/26-8/30	<b>Breakfast:</b> Cheerios & Apple Slices  <b>Snack:</b> Banana Bread & Milk	<b>Breakfast:</b> French Toast Sticks & Blueberries  <b>Snack:</b> Cucumbers w/ Ranch & Ritz	<b>Breakfast:</b> Waffles & Bananas  <b>Snack:</b> Rice Cakes & Raisins	<b>Breakfast:</b> Bagels & Pears  <b>Snack:</b> Pretzels & Cheese sticks	CAL closed

# August

# Lunch

Day Care Centers

# 2024

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>5</b> Chicken Grilled Breast DC 3.1oz 3.1 OZ Veg Corn whole kern 1/2 Cup Bread Wheat Hamb Bun WGR 2oz 1 EA Fruit Applesauce 1/2 c 1/2 Cup Milk, Whole Gal. 1 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP</p>	<p><b>6</b> Beef Hamburgers 3oz 1 EA Veg Beans Green (Steamed) 1/2 cup 1/2 CUP Bread Wheat Hamb Bun WGR 2oz 1 EA Fruit Pears 1/2 c 1/2 Cup Milk, Whole Gal. 1 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP</p>	<p><b>7</b> Chicken Pulled 3 OZ Veg Mixed Bread Wheat Hamb Bun WGR 2oz 1 EA Fruit Fresh Apple 1 ea 1 EA Milk, Whole Gal. 1 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP</p>	<p><b>8</b> Fish Sticks CN 3 - 1/2 oz ea 3 EA Veg Carrots (Steamed) 1/2 c. 1/2 CUP Sauce Tartar PC's 1 EA Bread Whole Wheat Roll WGR 1 oz 1 EA Fruit Banana Petite 1 ea 1 EA Milk, Whole Gal. 1 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP</p> <p><i>Chicken fingers</i></p>	<p><b>9</b> Sand Beef Bologna (for sandwich) 2 OZ Veg Broccoli 1/2 Cup Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Peaches 1/2c 1/2 Cup Milk, Whole Gal. 1 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP</p>
<p><b>12</b> Macaroni &amp; Cheese 6 OZ Veg Peas 1/2 Cup Bread Whole Wheat Roll WGR 1 oz 1 EA Fruit Tropical Fruit 1/2 c 1/2 CUP Milk, Whole Gal. 1 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP</p>	<p><b>13</b> Beef MeatLoaf Dc 3.2 oz 1 EA Gravy Vegetable 2oz 2 OZ Potatoes Mashed 1/2 Cup Bread Whole Wheat Roll WGR 1 oz 1 EA Fruit Pears 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Burger</i></p>	<p><b>14</b> Chicken Fajita's 2 OZ Cheese Shredded for Tacos .5 OZ Veg Corn whole kern 1/2 Cup Bread WGR Wheat Tortilla 1oz 1 EA Fruit Mandarin Oranges 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>15</b> Beef Meatball Sub 6-1/2oz ea. 6 EA Salad Tossed 1 CUP Bread Wheat Hot Dog WGR 2oz 1 EA Fruit Mixed Fruit Cocktail 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Burger</i></p>	<p><b>16</b> Sand Turkey Sliced for DC/Sch. 2oz 2 OZ Veg Mixed Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Peas 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>
<p><b>19</b> Sloppy Joe DC 2 OZ Veg Carrots (Steamed) 1/2 c. 1/2 CUP Bread Wheat Hamb Bun WGR 2oz 1 EA Fruit Pineapple 1/2c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>20</b> Chicken Patty Breaded CN 4.07 oz 1 EA Veg Mixed Bread Wheat Hamb Bun WGR 2oz 1 EA Fruit Fresh Apple 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>21</b> Chicken Fingers 2-1.6 oz 3 OZ Potatoes Mashed Sweet 1/2 CUP Bread Whole Wheat Roll WGR 1 oz 1 EA Fruit Applesauce 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>22</b> Entree Lasagna DC 1 cup 1 Pelce Veg Beans Green (Steamed) 1/2 cup 1/2 CUP Bread Whole Wheat Roll WGR 1 oz 1 EA Fruit Peaches 1/2c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Grilled Chicken</i></p>	<p><b>23</b> Ham Turkey 2 OZ Salad Potato DC 1/2 cup 1/2 CUP Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Orange 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>
<p><b>26</b> Turkey Burger 1ea 4oz 1 EA Beans Baked Vegetarian 1/2 CUP Bread Wheat Hamb Bun WGR 2oz 1 EA Fruit Pears 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>27</b> Fish Sticks CN 3 - 1/2 oz ea 3 EA Veg Corn whole kern 1/2 Cup Sauce Tartar PC's 1 EA Bread Corn Muffin WG 1.5 oz. 1 EA Fruit Mixed Fruit Cocktail 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p> <p><i>Chicken fingers</i></p>	<p><b>28</b> Beef Taco Meat Sr. 2 OZ Cheese Shredded for Tacos .5 OZ Salad Tossed 1 CUP Bread WGR Wheat Tortilla 1oz 1 EA Fruit Mandarin Oranges 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>29</b> Chicken Breast BBQ DC CN 3oz 1 EA Veg Peas 1/2 Cup Bread Wheat Hamb Bun WGR 2oz 1 EA Fruit Banana Petite 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP</p>	<p><b>30</b></p> <p><i>CAL</i> <i>Closed</i></p>

*Dairy / egg allergies - 13, 15, 22, 30*

*Fish allergy - 8, 27, 30*