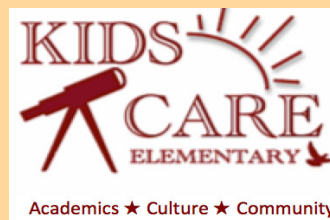


# MENU



////////////////////  
**AUGUST**  
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## BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
5	6	7	8	9
<b>Welcome Back KCE!</b> <b>WG:</b> Cinnamon Toast Crunch cereal Strawberries Milk	<b>WG/CN:</b> Pancakes Turkey Sausage Links Pineapples Milk	Scrambled Eggs Mandarin Oranges Milk	Strawberry Banana Yogurt <b>WG:</b> Cinnamon Granola Banana Milk	Maple Oatmeal Blueberries Milk
<b>WG:</b> Fruit Loops cereal Peaches Milk	<b>HM/WG:</b> Waffles Blueberries Milk	Scrambled Eggs Turkey Sausage Links Mandarin Oranges Milk	<b>WG:</b> French Toast Bites Raspberries Milk	<b>WG:</b> Chocolate Chip Muffin Cheese Stick Watermelon chunks Milk
<b>WG:</b> Lucky Charms cereal Blackberries Milk	<b>HM:</b> Cheesy Eggs Diced Peaches Milk	<b>HM:</b> Pancakes Turkey Sausage Links Raspberries Milk	<b>WG:</b> Turkey Bacon w/ Cheese Croissant Pears Milk	<b>WG:</b> Blueberry Muffin Cheese Stick Oranges Milk

**Breakfast – Age 6-12**  
 Milk, fluid 1cup  
 Juice/Fruit/Veg 1cup  
 Grains/Meat, alt 1oz  
 Dry Cereal 3/4cup

**Lunch - Age 6-12**  
 Milk, fluid 1cup  
 Fruit 1cup  
 Veggies/Juice 3/4cup (not > 2cups)  
 Grains/Breads 1slice  
 Pasta ½ cup  
 Meat/Meat Alt 1-2oz

**Snack – Age 3-5 (select 2 components)**  
 Milk, fluid 1cup  
 Fruit/Veggies 3/4cup  
 Meat/Meat Alt 1oz  
 Grain 1oz  
**No sugar sweetened beverages served at this childcare center. This is an equal opportunity provider**

WG: Whole Grain  
 CN: Child Nutrition  
 HM: Homemade  
 LF: Low Fat  
 FF: Fat Free  
 US: Unsweetened  
 WW: Whole Wheat



# MENU



////////////////////  
**AUGUST**  
 //////////////////////

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
29	30	31	1	2					
5	6	7	8	9					
<b>Welcome Back KCE!</b> <b>HM:</b> BBQ Meatballs Mashed Potatoes Tropical Fruit Dinner Roll/Milk	12	<b>HM:</b> Chicken Tacos Refried Beans/Corn Cheese/lettuce/tomato Pears Milk	13	<b>HM/WW:</b> Beefy Mac & Cheese Green Beans Cinnamon Applesauce Milk	14	<b>HM:</b> Cheese Pizza Garden salad mix <b>LF:</b> Ranch Dressing Fresh Fruit Cup Milk	15	<b>HM:</b> Tuscan Grilled Cheese Zucchini & Butternut Squash Black Beans Frozen Fruit Cups Milk	16
<b>WG:/CN:</b> Sloppy Joe French fries Tropical fruit Milk	19	<b>HM:</b> Cheese Quesadilla Black Beans Yellow Rice Blackberries Milk	20	<b>HM:</b> Chicken Stir-fry w/ Tri-colored peppers Brown Rice Diced Pears Milk	21	<b>HM:</b> Pizza Bagel w/ turkey bacon Cucumber slices Fresh Fruit cups Milk	22	<b>CN:</b> Baked mini corn dogs Celery & Carrot Sticks Green Beans (B-3) <b>LF:</b> Ranch Dressing Pineapples Milk	23
<b>HM:</b> Chicken Nuggets Baked French Fries Mixed Fruit Cups Milk	26	<b>HM:</b> Beef Nachos <b>WG:</b> Brown Rice Refried Beans/Corn Pineapples Milk	27	<b>HM:</b> Mac & Cheese Spinach Apple Slices Milk	28	<b>HM:</b> Deli Chicken & Cheese sliders Sweet Potato fries Strawberries Milk	29	<b>HM:</b> Pizza w/ turkey pep Romaine garden salad mix <b>LF:</b> Ranch Dressing Mandarin Orange (whole) Milk	30

**Breakfast – Age 6-12**  
 Milk, fluid 1cup  
 Juice/Fruit/Veg 1cup  
 Grains/Meat, alt 1oz  
 Dry Cereal ¾ cup

**Lunch - Age 6-12**  
 Milk, fluid 1cup  
 Fruit ½ cup  
 Veggies/Juice ¾ cup (not > 2cups)  
 Grains/Breads 1slice  
 Pasta ½ cup  
 Meat/Meat Alt 1-2oz

**Snack – Age 3-5 (select 2 components)**  
 Milk, fluid 1cup  
 Fruit/Veggies ¾cup  
 Meat/Meat Alt 1oz  
 Grain 1oz

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