Early Childhood Menus August 2019



Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food

Milk is served with breakfast and with snack

Wk 3			8/1	8/2
			Whole Grain Pancakes	Whole Wheat Toast
			Tropical Fruit	Scrambled Egg
				Fresh OrangeWedges
			Deli Turkey Wrap	Homemade Seasoned
			Lettuce, Tomato	BBQ Chicken Strips
			Carrot Sticks	Potato Salad
			Fresh Honeydew	Cantaloupe
				Challah
			Snack Mix	Watermelon
8/5 Wk 1	8/6	8/7	8/8	8/9
Professional	Professional	Professional	Whole Grain Biscuit	French Toast
Development	Development	Development	Cantaloupe	Fresh Strawberries
•			Cheese Quesadilla	Homemade Oven
			Red Pepper & Zucchini	Fried Chicken Strips
			Cherry Tomatoes	Applesauce Cup
			Tropical Fruit	Challah
			Snack Mix	Pineapple Tidbits
8/12 Wk 2	8/13	8/14	8/15	8/16
Unsweetened Cereal	Belgian Waffle	Unsweetened Cereal	Cinnamon Wht Toast	Whole Grain Bagel
Diced Pears	Tropical Fruit	Banana	Pineapple Tidbits	Half/Cream Cheese
				Fresh Cantaloupe
Pizza Bagels	Strawberry Chicken	Tuna	Hamburger/Whole	Homemade Seasoned
Cucumbers & Cherry	Salad*	Veggie Pasta Salad	Wheat Roll	Chicken Strips
Tomatoes	Mini Pretzel Bread	Red Grapes	Baked Beans	Carrot Fries
Mandarin Oranges	Sticks	Whole Grain Crackers	Diced Peaches	Watermelon Cubes
				Challah
Fresh Honeydew	Hummus/Pita Wedges	Sun Butter Whl GrainBread	Fresh Pear	Soft Pretzel Bites
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Early Childhood Menus August 2019



Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food

Milk is served with breakfast and with snack

Monday	Tuesday	Wednesday	Thursday	Friday
8/19 Wk 3	8/20	8/21	8/22	8/23
Unsweetened Cereal	Whl Grain Biscuit	Unsweetened Cereal	Whole Grain Pancakes	Whole Wheat Toast
Diced Peaches	Cinnamon Apple Slices	Banana	Tropical Fruit	Scrambled Egg
				Fresh OrangeWedges
Cheese	Chicken Salad*	Cheese on Whole Wheat	Deli Turkey Wrap	Homemade Seasoned
Quesadilla/Salsa	Mandarin Oranges	Sandwich	Lettuce, Tomato	Chicken Strips/BBQ
Cherry Tomatoes	Red Grapes	Zucchini Slices/Ranch	Carrot Sticks	Sauce
Tropical Fruit	Whole Wheat Roll	Dressing	Fresh Honeydew	Potato Salad
		Strawberries & Blueberries		Cantaloupe
				Challah
Cheese Crackers	Fresh Pear	Sun Butter	Snack Mix	Watermelon
		Whole Grain Crackers		
8/26 Wk 1	8/27	8/28	8/29	8/30
Unsweetened Cereal	Whole Grain English	Unsweetened Cereal	Whole Grain Biscuit	French Toast
Diced Peaches	Muffin	Fresh Banana	Cantaloupe	Fresh Strawberries
	Honeydew			
Tuna Salad	Teriyaki Chicken Strips	Hard Cooked Eggs	Deli Turkey	Homemade Oven
Carrot Sticks	Asian Noodle Salad*	Cheese Slices	Hummus	Fried Chicken Strips
			1	
Carrot Sticks	Asian Noodle Salad*	Cheese Slices Broccoli w/Salsa Dip Fresh Oranges	Hummus	Fried Chicken Strips Roasted Potato Bites Applesauce Cup
Carrot Sticks Fresh Fruit Cup	Asian Noodle Salad* Cherry Tomatoes	Cheese Slices Broccoli w/Salsa Dip	Hummus Red Pepper & Zucchini	Fried Chicken Strips Roasted Potato Bites
Carrot Sticks Fresh Fruit Cup	Asian Noodle Salad* Cherry Tomatoes Pineapple Tidbits	Cheese Slices Broccoli w/Salsa Dip Fresh Oranges Whole Wheat Bread	Hummus Red Pepper & Zucchini Strips Pita Bread	Fried Chicken Strips Roasted Potato Bites Applesauce Cup Challah
Carrot Sticks Fresh Fruit Cup	Asian Noodle Salad* Cherry Tomatoes	Cheese Slices Broccoli w/Salsa Dip Fresh Oranges	Hummus Red Pepper & Zucchini Strips	Fried Chicken Strips Roasted Potato Bites Applesauce Cup
Carrot Sticks Fresh Fruit Cup Whole Grain Crackers	Asian Noodle Salad* Cherry Tomatoes Pineapple Tidbits	Cheese Slices Broccoli w/Salsa Dip Fresh Oranges Whole Wheat Bread	Hummus Red Pepper & Zucchini Strips Pita Bread	Fried Chicken Strips Roasted Potato Bites Applesauce Cup Challah

^{*}Strawberry Chicken Salad-served separately so they can make their own salad; baked white meat chicken bites, mixed greens, fresh strawberries, blueberries, mandarin oranges, homemade non-dairy ranch dressing

Early Childhood Menus August 2019



Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food

Milk is served with breakfast and with snack

*Chicken Salad-served separately so they can make their own salad; baked white meat chicken bites, mixed greens, mandarin oranges, fresh red grapes, homemade russian dressing

^{*}Asian Noodle Salad-linquine noodles, diced bell peppers, diced cucumbers, Asian vinaigrette

Early Childhood Special Menus August 2019

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Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No Dairy & No Eggs

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
Wk 3			8/1	8/2
			Whole Grain Pancakes	Whole Wheat Toast
			Tropical Fruit	Scrambled Egg
				Fresh OrangeWedges
			Deli Turkey Wrap	Homemade Seasoned
			Seasoned Tofu Wrap	Chicken Strips/BBQ
			Seasoned Tofu Wrap	Sauce
			Lettuce, Tomato	Seasoned Veggie
			Carrot Sticks	Patty/BBQ Sauce
			Fresh Honeydew	Potato Salad
				Cantaloupe
				Challah
			Snack Mix	Watermelon
8/5 Wk 1	8/6	8/7	0/0	0/0
o/o WKI	8/6	8//	8/8	8/9
Professional	Professional	Professional	Whole Grain Biscuit	French Toast
Professional	Professional	Professional	Whole Grain Biscuit Cantaloupe Cheese Quesadilla	French Toast Fresh Strawberries Homemade Oven
Professional	Professional	Professional	Whole Grain Biscuit Cantaloupe Cheese Quesadilla Seasoned Tofu Wrap	French Toast Fresh Strawberries Homemade Oven Fried Chicken Strips
Professional	Professional	Professional	Whole Grain Biscuit Cantaloupe Cheese Quesadilla Seasoned Tofu Wrap Red Pepper & Zucchini	French Toast Fresh Strawberries Homemade Oven Fried Chicken Strips Veggie Patty
Professional	Professional	Professional	Whole Grain Biscuit Cantaloupe Cheese Quesadilla Seasoned Tofu Wrap Red Pepper & Zucchini Strips	French Toast Fresh Strawberries Homemade Oven Fried Chicken Strips Veggie Patty Roasted Potato Bites
Professional	Professional	Professional	Whole Grain Biscuit Cantaloupe Cheese Quesadilla Seasoned Tofu Wrap Red Pepper & Zucchini Strips Cherry Tomatoes	French Toast Fresh Strawberries Homemade Oven Fried Chicken Strips Veggie Patty Roasted Potato Bites Applesauce Cup
Professional	Professional	Professional	Whole Grain Biscuit Cantaloupe Cheese Quesadilla Seasoned Tofu Wrap Red Pepper & Zucchini Strips	French Toast Fresh Strawberries Homemade Oven Fried Chicken Strips Veggie Patty Roasted Potato Bites
Professional	Professional	Professional	Whole Grain Biscuit Cantaloupe Cheese Quesadilla Seasoned Tofu Wrap Red Pepper & Zucchini Strips Cherry Tomatoes Tropical Fruit	French Toast Fresh Strawberries Homemade Oven Fried Chicken Strips Veggie Patty Roasted Potato Bites Applesauce Cup Challah
Professional	Professional	Professional	Whole Grain Biscuit Cantaloupe Cheese Quesadilla Seasoned Tofu Wrap Red Pepper & Zucchini Strips Cherry Tomatoes	French Toast Fresh Strawberries Homemade Oven Fried Chicken Strips Veggie Patty Roasted Potato Bites Applesauce Cup

Early Childhood Special Menus August 2019

Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No Dairy & No Eggs

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
8/12 Wk 2	8/13	8/14	8/15	8/16
Unsweetened Cereal	Belgian Waffle	Unsweetened Cereal	Cinnamon Wht Toast	Whole Grain Bagel
Diced Pears	Tropical Fruit	Banana	Pineapple Tidbits	Half/Cream Cheese
				Fresh Cantaloupe
Pizza Bagels	Strawberry Chicken	Tuna	Hamburger/Whole	Homemade Seasoned
Pizza Bagel w/veggie	Salad*	Cheese on Whole Wheat	Wheat Roll	Chicken Strips
patty crumbles &	Strawberry Salad	Sandwich	Veggie Patty	Seasoned Tofu Strips
sauce	w/Tofu	Veggie Pasta Salad	Veggie Patty	Carrot Fries
Mandarin Oranges	Mini Pretzel Bread	Red Grapes	Baked Beans	Watermelon Cubes
	Sticks	Whole Grain Crackers	Diced Peaches	Challah
Fresh Honeydew	Hummus/Pita Wedges	Sun Butter	Fresh Pear	Soft Pretzel Bites
·	_	Whole Grain Bread		Honey Mustard Dip
8/19 Wk 3	8/20	8/21	8/22	8/23
Unsweetened Cereal	Whl Grain Biscuit	Unsweetened Cereal	Whole Grain Pancakes	Whole Wheat Toast
Diced Peaches	Cinnamon Apple Slices	Banana	Tropical Fruit	Scrambled Eggs
				Fresh OrangeWedges
Cheese	Chicken Salad*	Cheese on Whole Wheat	Deli Turkey Wrap	Homemade Seasoned
Quesadilla/Salsa	Tofu Salad	Sandwich	Seasoned Tofu Wrap	Chicken Strips/BBQ
Tofu Quesadilla/Salsa	Mandarin Oranges	Veggie Patty Sandwich	Seasoned Tofu Wrap	Sauce
Cherry Tomatoes	Red Grapes	Zucchini Slices/Ranch	Lettuce, Tomato	Seasoned Veggie
Tropical Fruit	Whole Wheat Roll	Dressing	Carrot Sticks	Patty/BBQ Sauce
		Strawberries & Blueberries	Fresh Honeydew	Potato Salad
				Cantaloupe
				_
				Challah
Chaosa Craalrara	Erosh Door	Sup Duttor	Speek Miv	Challah
Cheese Crackers	Fresh Pear	Sun Butter Whole Grain Crackers	Snack Mix	_
Cheese Crackers	Fresh Pear	Sun Butter Whole Grain Crackers	Snack Mix	Challah

Early Childhood Special Menus August 2019



Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No Dairy & No Eggs

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
8/26 Wk 1	8/27	8/28	8/29	8/30
Unsweetened Cereal	Whole Grain English	Unsweetened Cereal	Whole Grain Biscuit	French Toast
Diced Peaches	Muffin	Fresh Banana	Scrambled Egg	Fresh Strawberries
	Honeydew		Cantaloupe	
Tuna Salad	Teriyaki Chicken Strips	Hard Cooked Eggs	Deli Turkey	Homemade Oven
Cheese on Whole	Teriyaki Tofu Strips	Cheese Slices	Seasoned Tofu Slices	Fried Chicken Strips
Wheat Sandwich	Asian Noodle Salad*	Cheese Slices (no eggs)	Seasoned Tofu Slices	Veggie Patty
Carrot Sticks	Cherry Tomatoes	Hard Cooked Eggs (no	Hummus	Roasted Potato Bites
Fresh Fruit Cup	Pineapple Tidbits	dairy)	Red Pepper & Zucchini	Applesauce Cup
Whole Grain Crackers		Broccoli w/Salsa Dip	Strips	Challah
		Fresh Oranges	Pita Bread	
		Whole Wheat Bread		
Apple Wedges/Sun	Diced Pears	Cinnamon Raisin Bagel	Snack Mix	Pineapple Tidbits
Butter				

^{*}Strawberry Chicken Salad-served separately so they can make their own salad; baked white meat chicken bites, mixed greens, fresh strawberries, blueberries, mandarin oranges, homemade non-dairy ranch dressing

^{*}Chicken Salad-served separately so they can make their own salad; baked white meat chicken bites, mixed greens, mandarin oranges, fresh red grapes, homemade Russian dressing

^{*}Asian Noodle Salad-linquini noodles, diced bell peppers, diced cucumbers, Asian vinaigrette