

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

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

*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

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*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-linguine noodles, diced bell peppers, diced cucumbers, Asian vinaigrette

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

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

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

*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-linguini noodles, diced bell peppers, diced cucumbers, Asian vinaigrette