





August 2018



Mon	Tue	Wed	Thu	Fri
<p align="right">20</p> <p>Breakfast 1/2 serving of fresh apples 1/2 serving whole wheat waffle with fruit spread, 3/4 cup Nonfat milk, lactaid milk or soy Lunch 1 1/2 oz. cooked lean chicken, 1/4 cup steamed broccoli & cauliflower, 1/4 cup of Mandarin, 1/2 cup of wild rice, 1/2 cup of orange slices, 3/4 cup Nonfat milk, lactaid milk or soy Snack 1/2 serving of canned peaches in (natural juices) Jell-O, topped with 2 oz. Nonfat yogurt</p>	<p align="right">21</p> <p>Breakfast 1/2 cup fresh blackberries and strawberries 1/4 cup of warm oatmeal, 3/4 cup nonfat milk, lactaid milk or soy Lunch 1 English muffin pizza with ham and 1 1/2 oz. mozzarella cheese and Tbsp. pizza sauce, 1/2 cup fresh watermelon, 1/2 cup tossed Green Salad with cherry tomatoes and celery, 3/4 cup nonfat milk, lactaid milk or soy Snack 1 Soft Pretzel and 1/2 cup of fresh red apples</p>	<p align="right">22</p> <p>Breakfast 1/2 cup fresh banana slices 1/2 cup unsweetened cereal variety 3/4 cup nonfat milk, lactaid milk or soy Lunch 1 soft chicken taco 1 1/2 oz. chicken 1 Tbsp. shredded lettuce, 1 tbsp. diced tomato, 1 Tbsp. grated cheese and 1 Tbsp. salsa with a warm wheat tortilla 1/2 cup lightly steamed carrot sticks and Brussel sprouts 3/4 cup nonfat milk Snack 1/2 half cup-sliced bananas and grapes with whole wheat Triscuits (5-6)</p>	<p align="right">23</p> <p>Breakfast 1/2 cup orange slices 1/2 whole grain bagel with 1 tbsp. cream cheese, 3/4 cup nonfat milk, lactaid milk or soy Lunch 1 1/2 oz. water packed tuna with 1 tsp light mayonnaise, whole wheat bread 1/4 cup lightly steamed green beans 1/4 cup fresh cantaloupe and honeydew 3/4 cup nonfat milk, lactaid milk or soy Snack 1/2 cup nonfat milk, lactaid milk or soy and 1/2 serving of graham crackers (2 squares)</p>	<p align="right">24</p> <p>Breakfast 1/2 cup diced fresh watermelon 1/2 toasted whole grain English muffin with scrambled eggs; 3/4 cup nonfat milk, lactaid milk or soy Lunch 1 beef burrito 1/2 oz. cooked lean beef, 1/2 oz. pinto beans 1/2 oz. shredded Jack cheese with a warm wheat tortilla, 1/2 cup fresh orange slices, 1/2 cup of yellow corn, 3/4 cup nonfat milk, lactaid milk or soy Snack 1/2 cup fresh Mango 1/2 oz. whole grain saltines (4 squares)</p>
<p align="right">27</p> <p>Breakfast 1/2 cup of fresh blueberries 1/2 slice of French toast with 1 Tbsp. fruit spread, 3/4 cup nonfat milk, lactaid milk or soy Lunch 3/4 cup spaghetti and meat sauce 1 1/2 oz. Lean Ground Turkey, 1/2 cup Whole Wheat Pasta, 1/4 cup mixed green salad shredded carrots and tomatoes, 1/2 cup fresh oranges slices, 3/4 cup nonfat milk, lactaid milk or soy Snack 2 oz. low-fat vanilla yogurt, 1/2 cup Peaches in (natural juices) with Jell-O</p>	<p align="right">28</p> <p>Breakfast 1/2 cup of fresh raspberries 1/4 cup of Warm Oatmeal 3/4 cup nonfat milk, lactaid milk or soy Lunch 1 1/2 oz. Oven-Baked Parmesan Chicken, 1/2 cup steamed broccoli and carrots, 1/2 cup fresh apple slices, 1/2 whole wheat bread, 3/4 cup nonfat milk / Lactaid or soy Snack 1/2 cup of fresh banana slices with Nabisco Animal Crackers-5 1/2 cup nonfat milk, lactaid milk or soy</p>	<p align="right">29</p> <p>Breakfast 1/2 cup of fresh mango 1/2 slice whole wheat bagel and tsp cream cheese, 3/4 cup nonfat milk, lactaid milk or soy Lunch 1/2 turkey breast on whole wheat bread with tsp light cranberry mayonnaise 1 slice of bread, 1 1/2 oz. cooked meat Lettuce and Tomato, 1/2 cup Zucchini Sticks 1/2 cup grapes Slices 3/4 cup nonfat milk, lactaid milk or soy Snack 1/2 serving of a Banana muffin, with 1/2 oz. of cubed cheddar cheese 1/2 cup nonfat milk, lactaid milk or soy</p>	<p align="right">30</p> <p>Breakfast 1/2 cup fresh blueberries/strawberries 1/2 cup unsweetened cereal variety, 3/4 cup nonfat milk Lunch Tofu Stir fry 1 1/2 oz. diced cooked Tofu marinated in Low-Sodium Soy Sauce (2 Tbsp. to 1 lb. of Tofu, 1/4 cup fresh vegetables broccoli, cauliflower, snow peas, 1/4 cup fresh apples, 1/4 cup Wild Rice 3/4 cup nonfat milk / Lactaid or soy Snack 1 Tangerine 1/2 serving of Zwieback Crackers (2)</p>	<p align="right">31</p> <p>Breakfast 1/2 cup fresh orange slices Breakfast Jack: (1 serving wheat bread, 1 egg, 1 oz. ham) 3/4 cup nonfat milk/Lactaid Milk Lunch Oven baked fish 11/2 oz. 1/4 cup mashed Yams 1/4 cup canned pears (in natural juices) 1/2 whole wheat goldfish bread 3/4 cup nonfat milk/Lactaid Milk Snack 1/2 serving of a soft pretzel with 1/2 cup nonfat milk, lactaid milk or soy</p>
<div style="border: 1px solid purple; padding: 5px; width: fit-content;"> <p>"This institution is an equal opportunity provider" Approved by a Registered Dietician Nutritionist</p> </div>	<p>Lactose Intolerance Lactaid or Soy products Milk/Dairy Allergies Soy products Fruit or Vegetable Allergy Substitute Fruit or Vegetable alternate Meat Allergy-Meat alternate Parent Must have an updated Medical Statement Request Special Meals And/or Accommodations</p>	<p align="center">Paya Awa Hiibi</p> 	<div style="border: 2px solid black; border-radius: 20px; padding: 10px; text-align: center;"> <p>Tutuapi' Anadūnaagūna</p>  <p>Children's Garden 405 North Barlow (760) 872-3911</p> </div>	