





# August Menu 2021



Mon	Tue	Wed	Thu	Fri
<p><b>Breakfast</b> 16 1/2 serving <b>whole wheat waffle</b> with 1/2 cup of blended strawberry applesauce (optional: Maple Syrup); 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> Pizza Day! 1 oz. thinly ham with .5 oz of melted mozzarella cheese on a whole wheat English Muffin; 1/4 cup fresh cubed watermelon; 1/4 cup tossed Green Salad (sliced cherry tomatoes, celery, &amp; red cabbage) served with 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> 1/2 cup of Rice Chex served with 4 oz. nonfat milk, Lactaid milk or Soy</p>	<p><b>Breakfast</b> 17 1/2 cup of sliced strawberries 1/4 cup of warm <b>oatmeal</b> mixed small cinnamon cubed apples, 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> Chicken and Rice: 1 1/2 oz. diced lean chicken mixed with 1/4 cooked wild rice; 1/4 cup steamed broccoli &amp; cauliflower; 1/4 cup of Mandarin Oranges; served with 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> 1 Soft Pretzel and 1/2 cup of fresh red apples </p>	<p><b>Breakfast</b> 18 1/2 cup fresh sliced pears; 1/2 cup unsweetened cereal variety; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> Soft chicken taco- (1 oz. diced chicken and .5 oz of cheddar cheese served with a mix of shredded greens, diced tomato &amp; mild salsa with a warm <b>whole wheat tortilla</b>; 1/4 cup lightly steamed sliced carrots; 1/4 cup sliced pineapple served with 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> 1/2 of Rice Cake with .5 oz Peanut butter; 1/2 of a banana</p>	<p><b>Breakfast</b> 19 1/2 Blueberry bagel with 1 tbsp. cream cheese; 1/2 cup of Mangos; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> 1 1/2 oz. water packed tuna with 1 tsp light mayonnaise; <b>whole wheat bread</b>; 1/4 cup lightly steamed green beans ; 1/4 cup fresh cantaloupe ; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> 1/2 serving of graham crackers (2 squares); 6 oz. nonfat milk, Lactaid milk or Soy</p>	<p><b>Breakfast</b> 20 1/2 cup diced fresh watermelon; 1/2 toasted <b>whole grain English muffin</b> with scrambled eggs; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> Beef, bean and cheese burrito (1 oz. cooked lean beef, .5 oz. pinto beans .5 oz. shredded Jack cheese wrapped in warm tortilla; 1/4 cup fresh orange slices; 1/4 cup of yellow corn; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> 1/2 cup fresh Mango; 1/2 oz. whole grain Ritz crackers</p>
<p><b>Breakfast</b> 23 1/2 cup of fresh blueberries 1/2 slice of French toast with 1 Tbsp. fruit spread; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> Spaghetti (1 1/2 oz. Lean Ground Turkey, <b>1/2 cup Whole Wheat Pasta</b>, mixed in tomato sauce); 1/4 cup mixed green salad shredded carrots and tomatoes; 1/4 cup fresh oranges slices; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> 1/2 Serving of Rice cake served with 1/2 cup of unsweetened applesauce</p>	<p><b>Breakfast</b> 24 1/2 cup of fresh raspberries 1/4 cup of Warm Oatmeal ; 1/2 Toast; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> 1 1/2 oz. Oven-Baked Parmesan Chicken , 1/2 cup steamed broccoli and carrots, 1/2 cup fresh apple slices, <b>1/2 whole wheat bread</b>, 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> 1/2 cup of fresh banana slices with 1/2 serving of Graham Crackers; 4 oz. nonfat milk, Lactaid milk or Soy</p>	<p><b>Breakfast</b> 25 Build Your Own Parfait: (1/3 cup of <b>granola</b>, 2 oz. of non-fat yogurt, 1/2 cup of blueberries and sliced banana); 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> 1/2 turkey breast on <b>whole wheat bread</b> with tsp light cranberry mayonnaise 1 slice of bread , 1 1/2 oz. cooked meat Lettuce and Tomato, 1/4 cup Zucchini Sticks 1/4 cup grapes Slices; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> 1/2 serving of a Banana muffin; with 1/2 oz. of sliced cheddar cheese</p>	<p><b>Breakfast</b> 26 1/2 cup fresh blueberries/strawberries; 1/3 cup unsweetened cereal variety; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> Tofu Stir fry 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, <b>1/4 cup Wild Rice</b>; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> 1/4 cup of strawberries with 1/2 serving of whole wheat crackers</p>	<p><b>Breakfast</b> 27 1/2 cup fresh orange slices Breakfast Jack: (1 serving <b>wheat bread</b>, 1 egg, 1 oz. ham) 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> Oven baked fish 1 1/2 oz. ; 1/4 cup broccoli; 1/4 cup watermelon; 1/2 whole wheat goldfish bread; 6 fluid oz. of nonfat milk/Lactaid Milk</p> <p><b>Snack</b> 1/2 serving of a soft pretzel with humus, 4 oz. nonfat milk, Lactaid milk or Soy</p>
<p><b>Breakfast</b> 30 1/2 cup of sliced oranges; 1/4 Cup of Cinnamon and Raisin Oatmeal; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> Tender Beef Strips (1.5 oz); 1/4 cup of mixed squash; <b>1/2 serving of corn bread</b>; 1/4 cup of applesauce; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> Serving of a Wild Rice cake and .5 oz of sliced Cheddar Cheese</p>	<p><b>Breakfast</b> 31 1/2 cup of fresh blueberries; 1/2 serving of a homemade Banana Muffin; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Lunch</b> Chicken and Vegetable Stir Fry: 1.5 oz. cubed chicken mixed with 1/4 cup broccoli, carrots and celery; 1/4 cup fresh strawberries with <b>1/2 serving of whole wheat bread</b>; 6 oz. nonfat milk, Lactaid milk or Soy</p> <p><b>Snack</b> 1/2 cup of Sliced Apples served with .5 oz. of Peanut butter.</p>	<p><b>Parent Must have an updated Medical Statement Request Special Meals And/or Accommodations</b></p> <p><b>Please inform us of your child's dietary restrictions. For those who have allergies, alternatives are available.</b></p> <p><b>Lactaid and Soy milk are available for those with lactose intolerance"</b></p> <p><b>Please see Amanda or Susie with questions or concerns.</b></p>	<p><b>Paya is available at all times.</b> </p> <p>"This institution is an equal opportunity provider" Approved by a Registered Dietician Nutritionist</p>	