The Children's Center AUGUST 2017 Menu Head Start and Community Preschool - Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAT				
	1	2	3	4
	HS CLOSED	HS CLOSED	HS CLOSED	HS CLOSED
	Breakfast: Blueberry Muffins,	Breakfast: Cheerios, peaches,	Breakfast: Oatmeal, pears,	Breakfast: Chicken Sausage
	pineapple, milk	milk	milk	Link and Hash brown, milk
	Lunch: Cheese omelet, hash	Lunch: Spaghetti meat	Lunch: Ham sub (Whole	Lunch: Spring's chicken
	browns, peaches, wheat biscuit	sauce(Ground Turkey) w/wheat	Grain) w/ lettuce and tomato*,	/broccoli*casserole peaches,
	and milk	noodles, mixed vegetables,	corn, and milk	w/wheat breadstick, milk
		pears, and milk		
	Snack: Goldfish and milk	Snack: Warm wheat biscuit,	Snack: Cereal mix and milk	Snack: Vanilla Yogurt,
		chef's choice fruit and		pineapple and water
		water		
7	8	9	10	11
HS CLOSED	HS CLOSED	HS CLOSED	HS CLOSED	HS CLOSED
Breakfast: Oatmeal pears, milk	Breakfast: Kix, mandarin	Breakfast: Vanilla Yogurt,	Breakfast: Whole Grain	Breakfast: French toast sticks,
_	oranges, milk	pineapple, milk	Waffles, bananas, milk	**chef's choice fruit** and
				milk
Lunch: Cheese Pizza (Whole	Lunch: Turkey sub (Whole	Lunch: Cheesy Chicken	Lunch: Whole Grain	Lunch: Meatball sub (Whole
Grain), *Lettuce and Tomato	Grain), w/ lettuce and *tomato,	Spaghetti Bake (Wheat	Macaroni with cheese, green	Grain), pears, *kale, milk
Salad w ranch dressing, milk	tater tots w/ketchup and milk	Noodles), peas, **chef's choice	beans, yams* and milk	
		veggie** and milk		
		reggie una mini		
Snack: Apple juice and saltines	Snack: Pears and milk	Snack: Cereal mix and milk	Snack gold fish and milk	Snack: Graham crackers,
				mandarin oranges and water
14	15	16	17	18
HS CLOSED	HS CLOSED	HS CLOSED	HS CLOSED	HS CLOSED
Breakfast: Cheese with wheat	Breakfast: Whole Grain	Breakfast: Kix, **chef's	Breakfast: Grits, pears and	Breakfast: Whole Grain
toast, applesauce, and milk	Waffles, pineapple and milk	choice fruit**, and milk	milk	Pancakes, Applesauce, milk
Lunch: Turkey Sausage, wheat	Lunch: Baked Potato Pizza	Lunch: Boneless Chicken	Lunch: Ground Turkey soft	Lunch: Ham sub (Whole
Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas	Lunch: Baked Potato Pizza w/marinara sauce and shredded	Lunch: Boneless Chicken wings *brussel sprouts, yams*,	Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce,	Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*,
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biscuit, Mandarin Oranges, peas	w/marinara sauce and shredded	wings *brussel sprouts, yams*,	taco (wheat tortilla) w/lettuce,	Grain)w/ lettuce and tomato*,
biscuit, Mandarin Oranges, peas	w/marinara sauce and shredded cheese, w/wheat bread stick,	wings *brussel sprouts, yams*,	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream	Grain)w/ lettuce and tomato*,
biscuit, Mandarin Oranges, peas and milk	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk	wings *brussel sprouts, yams*, w/ wheat breadstick, milk	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk
biscuit, Mandarin Oranges, peas and milk	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt,
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza,	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple,
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes,	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*,	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, ^green beans, **chef's choice	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat breadstick,	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*,	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, ^green beans, **chef's choice	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, 'green beans, **chef's choice veggie** wheat breadstick, milk	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat breadstick,	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk Snack: graham crackers and
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its and apple juice	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on wheat bread and water	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED All Staff Training Day	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, 'green beans, **chef's choice veggie** wheat breadstick, milk Snack: Milk and cereal mix	Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its and apple juice 28	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on wheat bread and water 29	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED All Staff Training Day	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat breadstick, milk Snack: Milk and cereal mix	Grain)w/lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk Snack: graham crackers and
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its and apple juice 28 HS CLOSED	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on wheat bread and water	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED All Staff Training Day	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, 'green beans, **chef's choice veggie** wheat breadstick, milk Snack: Milk and cereal mix	Grain)w/lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk Snack: graham crackers and
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its and apple juice 28 HS CLOSED Breakfast: Hot Whole Grain	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on wheat bread and water 29	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED All Staff Training Day 30 HS CLOSED Breakfast: Vanilla Yogurt,	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, 'green beans, **chef's choice veggie** wheat breadstick, milk Snack: Milk and cereal mix 31 HS CLOSED Breaffast: Pancakes,	Grain)w/lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk Snack: graham crackers and
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its and apple juice 28 HS CLOSED	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on wheat bread and water 29 HS CLOSED	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED All Staff Training Day 30 HS CLOSED	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat breadstick, milk Snack: Milk and cereal mix 31 HS CLOSED	Grain)w/lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk Snack: graham crackers and
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its and apple juice 28 HS CLOSED Breakfast: Hot Whole Grain	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on wheat bread and water 29 HS CLOSED	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED All Staff Training Day 30 HS CLOSED Breakfast: Vanilla Yogurt,	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, 'green beans, **chef's choice veggie** wheat breadstick, milk Snack: Milk and cereal mix 31 HS CLOSED Breaffast: Pancakes,	Grain)w/lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk Snack: graham crackers and
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its and apple juice 28 HS CLOSED Breakfast: Hot Whole Grain	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on wheat bread and water 29 HS CLOSED	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED All Staff Training Day 30 HS CLOSED Breakfast: Vanilla Yogurt,	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, 'green beans, **chef's choice veggie** wheat breadstick, milk Snack: Milk and cereal mix 31 HS CLOSED Breaffast: Pancakes,	Grain)w/lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk Snack: graham crackers and
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its and apple juice 28 HS CLOSED Breakfast: Hot Whole Grain Biscuit, peaches, milk	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on wheat bread and water 29 HS CLOSED Breakfast: Kix, pineapple, milk	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED All Staff Training Day 30 HS CLOSED Breakfast: Vanilla Yogurt, **chef's choice fruit**, milk	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat breadstick, milk Snack: Milk and cereal mix 31 HS CLOSED Breaffast: Pancakes, Applesauce, milk	Grain)w/lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk Snack: graham crackers and
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its and apple juice 28 HS CLOSED Breakfast: Hot Whole Grain Biscuit, peaches, milk Lunch: Chicken salad, Ritz	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on wheat bread and water 29 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Meatball sub (Whole	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED All Staff Training Day 30 HS CLOSED Breakfast: Vanilla Yogurt, **chef's choice fruit**, milk Lunch: Chef Salad with ranch	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, 'green beans, **chef's choice veggie** wheat breadstick, milk Snack: Milk and cereal mix 31 HS CLOSED Breaffast: Pancakes, Applesauce, milk Lunch: Grilled chicken patty	Grain)w/lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk Snack: graham crackers and
biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 21 HS CLOSED Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk Snack: Whole Grain Cheez - Its and apple juice 28 HS CLOSED Breakfast: Hot Whole Grain Biscuit, peaches, milk Lunch: Chicken salad, Ritz crackers, carrot* sticks with	w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 22 HS CLOSED Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk Snack: Cheese Sandwich on wheat bread and water 29 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Meatball sub (Whole Grain), tropical fruit, ^green	wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 23 ALL CENTERS CLOSED All Staff Training Day 30 HS CLOSED Breakfast: Vanilla Yogurt, **chef's choice fruit**, milk Lunch: Chef Salad with ranch dressing, Wheat Breadstick and	taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 24 HS CLOSED Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat breadstick, milk Snack: Milk and cereal mix 31 HS CLOSED Breaffast: Pancakes, Applesauce, milk Lunch: Grilled chicken patty on wheat bun, garlic mashed	Grain)w/lettuce and tomato*, fresh carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 25 HS CLOSED Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk Snack: graham crackers and
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^{*} Foods High in Vitamin A

Toddler foods must be diced in pieces no larger that 1/2 inch Infant foods must be diced in pieces no larger than 1/4 inch

 $\label{lem:condiments} \textbf{Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing}$

All milk is low fat and 100% fruit juice is used.

^Canned green beans

Cereal must have a least 3 grams of fiber Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods

"This institution is an equal opportunity provider and employer"