



AUGUST 2017

<u>8/14-8/18</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>THURSDAY</u>	<u>Friday</u>
Breakfast 7:30am-9:30am	Milk 1 % Sweet Warm Barley	Milk 1% Cinnamon Raisin Pancakes	Milk 1% Maple Cinnamon Oatmeal	Milk 1% Egg and Cheese Burrito	Milk 1% French Toast Sticks
Lunch 10:50am-11:15am	Whole Grain Pasta with a light garlic butter sauce	Turkey Loaf with mashed potatoes	Chicken and Broccoli over Pasta	Black Beans and veggies over brown rice	Tuna Casserole
Mid- morning Snack 1:50pm-2:15pm	Pretzels and Cheese	Yogurt with Graham crackers	Applesauce with cinnamon	Corn Muffins	Animal Crackers and Raisins
Afternoon Snack 2 4:00pm-4:30pm	Apple Slices and Raisins	Cheerios	Cheesy Bread	Sweet Baked Apples	Pancake Bites
Supper 5:30pm-6:00pm	Chicken strips with a tomato sauce dip	Grilled Cheese with a veggie spread	Lean turkey sloppy joe with puree veggies and whole wheat bread	Tomato sauce with fish over whole grain pasta	Organic quinoa and steamed veggies in a garlic basil sauce

We will try our best to stay as close to our menu as possible. Different fruits or snacks will depend on availability.

We do not use anything frozen other than vegetables, canned, or packaged.

All meals are cooked on the premises daily and all of our ingredients are fresh and either all natural or organic.

