

# August

Calendar Month

# 2019

Calendar Year



Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
29 Scrambled eggs w/ spinach <sup>2</sup> Whole wheat bread <sup>36</sup> Orange Milk*	30 Low-fat yogurt <sup>1</sup>  Apple Milk*	31 Mini Bagel <sup>36</sup> Low-fat Cream Cheese <sup>1</sup> Banana Milk*	01 Whole-grain cereal  Pineapple Milk*	02 Refried Beans <sup>5</sup> Plantains Watermelon Milk*
05 Hard Boiled Eggs <sup>2</sup> Whole wheat bread <sup>36</sup> Orange Milk*	06 English Muffin <sup>36</sup> Low-fat Cream Cheese <sup>1</sup> Pineapple Milk*	07 Oatmeal w/ toppings <sup>1</sup> Banana Milk*	08 Whole-grain cereal  Melon Milk*	09 Scrambled eggs w/ spinach <sup>2</sup> Whole wheat bread <sup>36</sup> Watermelon Milk*
12 Turkey Sausage Whole grain waffle <sup>136</sup> Melon Milk*	13 Low-fat yogurt <sup>1</sup>  Orange Milk*	14 Mini Bagel <sup>36</sup> Low-fat Cream Cheese <sup>1</sup> Melon Milk*	15 Oatmeal w/ toppings <sup>1</sup> Pineapple Milk*	16 <b>Professional Development</b>
<b>Professional Development</b>				
19	20	21	22	23
26 Chilaquiles <sup>2</sup> Whole wheat bread <sup>36</sup> Melon Milk*	27 English Muffin <sup>36</sup> Low-fat Cream Cheese <sup>1</sup> Banana Milk*	28 Oatmeal w/ toppings <sup>1</sup> Orange Milk*	29 Whole-grain cereal  Pineapple Milk*	30 Refried Beans <sup>5</sup> Plantains Melon Milk*

**Notes: This menu is subject to change**

Green: Local Products

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy, <sup>7</sup>Lentils

\*Milk: 1 yr-old children (Unflavored Whole Milk)

2-5 yrs-old (Unflavored 1% Milk)



# Breakfast

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Monday	Tuesday	Wednesday	Thursday	Friday
29 Black Beans <sup>5</sup> Green Salad Brown Rice Apple Milk* <sup>1</sup>	30 Chicken Legs <sup>6</sup> Cucumber Salad Whole Wheat Bread <sup>3,6</sup> Pineapple Milk* <sup>1</sup>	31 Egg Fried Rice <sup>2,6</sup> Zucchini Peach Milk* <sup>1</sup>	01 Whole wheat pasta <sup>3</sup> w/ Beef Sausage <sup>6</sup> Mushroom & Tomato Melon Milk* <sup>1</sup>	02 Salvadorian Chicken Salad w/ Cabbage <sup>2</sup> Whole Wheat Roll <sup>3</sup> Orange Milk* <sup>1</sup>
05 Lentils w/ Mushrooms <sup>7</sup> Brown Rice Apple Milk* <sup>1</sup>	06 Chicken Alfredo <sup>1</sup> w/ Whole wheat pasta <sup>3</sup> Zucchini Melon Milk* <sup>1</sup>	07 Spanish Tortilla <sup>1,2</sup> Broccoli Whole Wheat Roll <sup>3</sup> Watermelon Milk* <sup>1</sup>	08 Chicken Legs <sup>6</sup> Cucumber Salad Whole Wheat Pita <sup>3</sup> Pineapple Milk* <sup>1</sup>	09 Fish Fried Rice <sup>4</sup> Green Salad Peach Milk* <sup>1</sup>
12 Macaroni and Cheese <sup>1,3</sup> with Broccoli Apple Milk* <sup>1</sup>	13 Chicken Paella <sup>6</sup> w/ Beef Sausage and Green beans Barley/Quinoa <sup>3</sup> Pineapple Milk* <sup>1</sup>	14 BBQ Chicken Legs <sup>6</sup> Corn on the Cob Whole Wheat Roll <sup>3</sup> Peach Milk* <sup>1</sup>	15 Fiesta Mexicana <sup>1,5</sup> Whole Wheat tortilla <sup>3</sup> Green Salad Melon Milk*	16 Professional Development
19	20	21	22	23
Professional Development				
26 Chickpea Curry <sup>5</sup> Green Salad Brown Rice Apple Milk* <sup>1</sup>	27 Chicken Legs <sup>6</sup> Cucumber Salad Whole Wheat Bread <sup>3,6</sup> Pineapple Milk* <sup>1</sup>	28 Teriyaki Tofu <sup>6</sup> w/ Green beans Brown Rice Peach Milk* <sup>1</sup>	29 Chicken Stir Fry <sup>6</sup> Celery & Carrots Barley/Quinoa <sup>3</sup> Plum Milk* <sup>1</sup>	30 Salvadorian Chicken Salad w/ Cabbage <sup>2</sup> Whole Wheat Roll <sup>3</sup> Orange Milk* <sup>1</sup>

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Green: Local Products

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy

\*Milk: 1 yr-old children (Unflavored Whole Milk)

2-5 yrs-old (Unflavored 1% Milk)



# Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	01	02
Low Fat Yogurt <sup>1</sup> Melon	Bread with Chocolate <sup>136</sup> Orange	Apple Muffin <sup>1236</sup> Pineapple	Cheddar Cheese <sup>1</sup> Apple	Whole Wheat Animal Crackers <sup>3</sup> Strawberries
05	06	07	08	09
String Cheese <sup>1</sup> Watermelon	Graham Crackers <sup>3</sup> Banana	Sweet potato bread pudding <sup>13</sup> Peach	Cheddar Cheese <sup>1</sup> Apple	Whole Wheat Animal Crackers <sup>3</sup> Strawberries
12	13	14	15	16
Low Fat Yogurt <sup>1</sup> Pineapple	Bread with Chocolate <sup>136</sup> Apple	Apple Muffin <sup>1236</sup> Banana	Whole Wheat Animal Crackers <sup>3</sup> Plum	<b>Professional Development</b>
19	20	21	22	23
<b>Professional Development</b>				
26	27	28	29	30
Whole Wheat Animal Crackers <sup>3</sup> Watermelon	Sweet potato bread pudding <sup>13</sup> Peach	Apple Muffin <sup>1236</sup> Banana	Bread with Cheese <sup>136</sup>	Graham Crackers <sup>3</sup> Strawberries

**Notes: This menu is subject to change**

Green: Local Products

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy



# Snack