

Child Study Center - Breakfast

August 1 - August 31

What's Cooking Today?

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fresh Apple-1 Special K Cereal-3/4 c. Milk-6 oz.	2 Applesauce Cup-1/2 c. Kix Cereal-3/4 c. Milk-6 oz.	3 Fresh Orange-1 Blueberry Muffin-2 oz. Milk-6 oz.	4 Mixed Fruit Cup-1/2 c. Mateys Cereal-1 oz. Milk-6 oz.
7 Diced Pear Cup-1/2 c. Corn Flakes-3/4 c. Milk-6 oz.	8 Mandarin Orange Cup-1/2 c. W/G Croissant w/ Margarine-1 Milk-6 oz.	9 Fresh Nectarine-1 Bran Muffin-2 oz. Milk-6 oz.	10 Applesauce Cup-1/2 c. Plain Bagel with Cream Cheese-1 Milk-6 oz.	11 Fresh Apple-1 Toasted Oats Cereal-3/4 c. Milk-6 oz.
14 Diced Peach Cup-1/2 c. Special K Cereal-3/4 c. Milk-6 oz.	15 Fresh Apple-1 Rice Chex Cereal-1 oz. Milk-6 oz.	16 Fresh Pear-1 Pineapple Muffin-2 oz. Milk-6 oz.	17 Pineapple Cup-1/2 c. Cinnamon Raisin Bagel with Cream Cheese-1 Milk-6 oz.	18 Fresh Orange-1 Kix Cereal-3/4 c. Milk-6 oz.
21 Fresh Apple-1 Corn Flakes-3/4 c. Milk-6 oz.	22 Fresh Plum-1 Krispy Rice Cereal-3/4 c. Milk-6 oz.	23 Fresh Orange-1 Corn Muffin-2 oz. Milk-6 oz.	24 Applesauce Cup-1/2 c. W/G Croissant w/ Margarine-1 Milk-6 oz.	25 Fresh Apple-1 Honey Graham Toasters Cereal-1 oz. Milk-6 oz.
28 Diced Peach Cup-1/2 c. Apple Muffin-2 oz. Milk-6 oz.	29 Mandarin Orange Cup-1/2 c. Corn Flakes-3/4 c. Milk-6 oz.	30 Fresh Nectarine-1 Kix Cereal-3/4 c. Milk-6 oz.	31 Fresh Apple-1 Whole Grain Bagel w/ Cream Cheese-1 oz. Milk-6 oz.	

Child Study Center(Camp) - Lunch

August 1 - August 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey Meatball Sub on Whole Grain Sub Roll-1 Green Beans-1/2 c. Fresh Peach-1 Milk-6 oz.	2 Salisbury Steak w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	3 Sliced Chicken Breast on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Banana-1 Milk-6 oz.	4 3x5 Pizza Square-1 Celery Sticks w/ Dip-1/2 c. Fresh Nectarine-1. Cheese Stick-1 Milk-6 oz.
7 All Beef Hamburger on a Wheat Bun-1 Corn-1/2 c. Fresh Orange-1 Milk-6 oz.	8 Chicken Nuggets-3 oz. Mixed Vegetables-1/2 c. Wheat Dinner Roll Pineapple Cup-1/2 c. Milk-6 oz.	9 Pasta Shells with Meat Meat Sauce-5 oz. Green Beans-1/2 c. Italian Bread Fresh Banana-1 Milk-6 oz.	10 Turkey on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Plum-1 Milk-6 oz.	11 Macaroni and Cheese-5 oz. Peas-1/2 c. Peach Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.
14 Meatloaf w/ Ketchup-3 oz. Corn-1/2 c. Fresh Apple-1 Wheat Dinner Roll Milk-6 oz.	15 BREAKFAST FOR LUNCH French Toast Sticks w/ Syrup-3 Beef Sausage Links-2 oz. Celery Sticks w/ Dip-1/2 c. Fresh Orange-1 Milk-6 oz.	16 Swedish Turkey Meatballs w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-6 oz.	17 Sliced Chicken Breast on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Banana-1 Milk-6 oz.	18 3x5 Pizza Square-1. Romaine Salad w/ Dressing-1 c. Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.
21 All Beef Hamburger on a Wheat Bun-1 Mixed Vegetables-1/2 c. Diced Pear Cup-1/2 c. Milk-6 oz.	22 Cheese Manicotti with Meat Sauce-1 Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	23 Chicken Fryz-3 Corn-1/2 c. Fresh Banana-1 Wheat Dinner Roll Milk-6 oz.	24 Turkey on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Plum-1 Milk-6 oz.	25 Macaroni and Cheese-5 oz. Broccoli Florets-1/2 c. Peach Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.
28	29	30	31	

Child Study Center - Vegetarian

August 1 - August 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	American Cheese on a Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Peach-1 Milk-6 oz.	Mini Cheese Quesadilla-3 Roasted Potato Medley-1/2 c. Fresh Apple-1 Milk-6 oz.	Veggie Meatball Sub on Whole Grain Roll-1 Mixed Vegetables-1/2 c. Fresh Banana-1 Milk-6 oz.	3x5 Pizza Square-1 Celery Sticks w/ Dip-1/2 c. Fresh Nectarine-1. Cheese Stick-1 Milk-6 oz.
7	8	9	10	11
Veggie Burger on a Wheat Bun-1 Corn-1/2 c. Fresh Orange-1 Milk-6 oz.	Veggie Nuggets-3 oz. Mixed Vegetables-1/2 c. Wheat Dinner Roll Pineapple Cup-1/2 c. Milk-6 oz.	Pasta Shells with Veggie Meat Sauce-5 oz. Green Beans-1/2 c. Italian Bread Fresh Banana-1 Milk-6 oz.	American Cheese on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mandarin Orange Cup-1/2 c. Milk-6 oz.	Macaroni and Cheese-5 oz. Peas-1/2 c. Peach Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.
14	15	16	17	18
Bean and Cheese Burrito-5 oz. Corn-1/2 c. Fresh Apple-1 Milk-6 oz.	BREAKFAST FOR LUNCH French Toast Sticks w/ Syrup-3 Home Fries-1/2 c. Celery Sticks w/ Dip-1/2 c. Fresh Orange-1 Milk-6 oz.	Swedish Veggie Meatballs w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-6 oz.	Veggie Nuggets-3 oz. Sliced Carrots-1/2 c. Fresh Banana-1 Italian Bread Milk-6 oz.	3x5 Pizza Square-1 Romaine Salad w/ Dressing-1 c. Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.
21	22	23	24	25
Veggie Burger on a Wheat Bun-1 Mixed Vegetables-1/2 c. Diced Pear Cup-1/2 c. Milk-6 oz.	Cheese Manicotti with Spaghetti Sauce-1 Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	Veggie Nuggets-3 oz. Corn-1/2 c. Fresh Banana-1 Wheat Dinner Roll Milk-6 oz.	American Cheese on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Plum-1 Milk-6 oz.	Macaroni and Cheese-5 oz. Broccoli Florets-1/2 c. Peach Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.
28	29	30	31	
Veggie Nuggets-3 oz. Corn-1/2 c. Fresh Nectarine-1 Whole Grain Bread Milk-6 oz.	Veggie Meatballs w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	Mini Cheese Quesadilla-3 Green Beans-1/2 c. Fresh Plum-1 Milk-6 oz.	American Cheese on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mandarin Orange Cup-1/2 c. Milk-6 oz.	

Child Study Center - Snack

August 1 - August 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fresh Orange-1 Whole Grain Oatmeal Cookies-1 oz.	2 Fresh Plum-1 W/G Pretzels-1	3 Fresh Nectarine-1 Cinnamon Elf Grahams-1 oz.	4 Plain Breadstick-2 Blended Fruit Yogurt-4 oz.
7 Fresh Apple-1 Chocolate All Sports Bites Crackers-1 oz.	8 Fresh Pear-1 Whole Grain Cheeze Its-1 oz.	9 Fresh Orange-1 Lemon Dino Grahams-2	10 Plain Breadstick-2 Blended Fruit Yogurt-4 oz.	11 Fresh Plum-1 Wheat Crackers-1 oz.
14 Fresh Orange-1 Whole Grain Oatmeal Cookies-1 oz.	15 Fresh Nectarine-1 Cheddar Cheese Sticks-1 oz.	16 Fresh Apple-1 W/G Pretzels-1	17 Fresh Plum-1 Mini Gripz Graham Bits-1 oz.	18 Plain Breadstick-2 Blended Fruit Yogurt-4 oz.
21 Fresh Orange-1 Whole Grain Mini Chocolate Chip Cookies-1 oz.	22 Fresh Pear-1 Vanilla All Sports Bites-1 oz.	23 Plain Breadstick-2 Blended Fruit Yogurt-4 oz.	24 Fresh Apple-1 Wheat Wafers-1 oz.	25 Fresh Nectarine-1 Whole Grain Cheeze Its-1 oz.
28 Fresh Orange-1 Whole Grain Cheese Goldfish-1	29 Fresh Nectarine-1 Zoo Animal Crackers-1 oz.	30 Fresh Apple-1 W/G Pretzels-1	31 Fresh Plum-1 Cinnamon Elf Grahams-1 oz.	