

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Pancake (Syrup & margarine),
Fresh Sliced Apples,
Milk

Fruity Cheerios Cereal,
Fruit Cocktail,
Milk

Blueberry muffins,
Fresh sliced Orange
Milk

Egg Patty,
Whole Wheat Toast
Diced Peach,
Milk

Rice Crispy Cereal,
Fruit Cocktail,
Milk.

Lunch

Black Beans & White rice,
Fish nuggets shapes,
Mixed vegetables,
Fruit Cocktail,
Milk

Spaghetti with Ham
(Sauce & Cheese)
Peas and Carrots
Apricot Halves
Milk

Baked Chicken,
Brown Rice,
Sweet plantains,
Diced Peach,
Milk

Chicken Patty on a Bun,
Lettuce & Tomatoes,
Tater Tots,
Apple Sauce,
Milk

Split Peas
White Rice, Meatballs
(Sauce), Corn,
Sliced Pears,
Milk.

Snack

Assorted Crackers
Apple Juice.

Go-Gurt
Fruit Gummies

Grandma's Cookies
Milk

Cheese Cubes,
Saltine Crackers.

Mini Nilla Wafers
Vanilla Ice-cream

WEEK 1

JULY 31ST TO
AUGUST 4TH



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

French toast Sticks
(Syrup)
Diced Peach
Milk

Assorted Muffins (cc)
Banana,
Milk.

Plain Mini Bagel
(Cream Cheese & Jelly)
Pear
Milk

Corn Flakes Cereal,
Orange Sections,
Milk.

Biscuit & Sausage,
Seasonal Fruit,
Milk

Lunch

Seasoned Red Beans,
White Rice
Chicken nuggets,
Pineapple Tidbits
Milk.

Macaroni with Meat (Cheese)
Green Beans,
Garlic Bread,
Sliced Apples,
Milk

Ham and Cheese Sandwich,
Chicken Soup,
Mixes Vegetables,
Diced Peach,
Milk

Baked Chicken,
Brown Rice,
Peas,
Apple Sauce,
Milk

Brown rice,
Black Beans,
Breaded Fish sticks,
Diced Pears,
Milk

Toddler Option: White Rice

Snack

Mini Sandies Cookies
Orange Juice.

Ritz Crackers,
Fruit Sorbet

Strawberry Fruit Bar
Milk

Cheese Slices,
Soft Tortilla

Goldfish Crackers,
Go-gurt

WEEK 2

AUGUST
7TH – 11TH



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Kaiser Roll (Butter),
Apricot Halves,
Milk

Sliced Bread Toast
(Peanut Butter)
Fresh Pears,
Milk

Mini Pancakes (Syrup)
Banana,
Milk

Cheese Omelet,
Bread,
Diced Peaches,
Milk

Banana nuts mini muffin,
Sliced Apples,
Milk

Lunch

Beef Tacos, Soft Tortilla,
Lettuce & Diced Tomatoes,
Cheddar Cheese,
Fruit Cocktail,
Milk

Split Peas,
White Rice,
Chicken Popcorn,
Sliced Pears,
Milk

Fish Patty on a Bun
Tomatoes,
Baked sweet potatoes,
Pineapple Tidbits,
Milk

Congri (Black Beans)
Meatballs,
Mixes Vegetables,
Apple Sauce,
Milk

Spaghetti
(Red Sauce & Cheese)
Ham Patty,
Green Beans
Tropical Fruit Salad
Milk

Snack

Assorted Mini Donuts,
Milk

Assorted NutriGrain Bars,
Apple Juice

Saltine Crackers,
Cheese Cubes.

Blueberry muffins,
Orange Juice

Go-gurt
Rice Crispy Bar.



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Corn Flakes Cereal,
Mix Fruit Cocktail
Milk

Cinnamon raising Bagel
(Cream cheese & Jelly)
Fresh Sliced Apples
Milk

French toast Sticks,
Diced Peach
Milk

Biscuit & Sausage,
Fresh Orange sliced,
Milk

Kellogg's Crispy Cereal,
Banana,
Milk

Lunch

Lentil Soup,
Brown Rice,
Turkey Slice Ham,
Green Beans,
Apple Sauce,
Milk

Chicken Patty on a Bun,
Lettuce & Tomatoes,
Bake sweet potatoes fries,
Fruit Cocktail,
Milk

Fettuccine
(Sauce and Cheese)
Chicken nuggets,
Sliced Tomatoes,
Sliced Peach,
Milk

Ground Beef (picadillo)
Brown rice,
Beats and Carrots,
Diced Peaches,
Milk

Brown Rice with
Mix vegetables,
Fish sticks,
Pineapple Tidbits,
Milk

Snack

Cheese Sticks Strings,
Wheat Crackers

Grandma's Cookies,
Milk

Goldfish Cracker Pretzels,
Assorted Juice

Ritz Crackers,
Orange Juice.

Vanilla Ice-cream,
Nilla Wafers.

WEEK 4

AUGUST
21ST – 25TH



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Egg Patty,
Whole wheat bread toast,
Fruit Cocktail,
Milk.

Corn Flakes Cereal,
Fresh Orange Sliced,
Milk.

Cinnamon raising Bagel
(Cream cheese & Jelly)
Fresh Pears
Milk

Kaiser Roll (Butter),
Diced Peaches,
Milk

Waffles (Syrup)
Fresh sliced Apples,
Milk

Lunch

Split Peas,
White Rice,
Ham Patty,
Sliced Pears,
Milk

Fish Patty on a Bun
Tomatoes,
Curly French Fries,
Fruit Cocktail,
Milk

Seasoned Red Beans,
White Rice
Chicken nuggets,
Pineapple Tidbits
Milk.

Macaroni with Meat (Cheese)
Green Beans,
Garlic Bread,
Sliced Apples,
Milk

Turkey and Cheese
Sandwich, Bread
Chicken Soup,
Diced Peach,
Milk
Toddler Option: White Rice

Snack

Rice Crispy Bay,
Milk.

Banana Nut mini muffin,
Go-gurt

Saltine Crackers,
Cheese Cubes.

Pretzels,
Orange Juice Cup

Assorted NutriGrain Bars,
Assorted Juice



WEEK 5

AUGUST 28TH TO
SEPTEMBER 1ST

