


August 2023 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 1 cup 1% milk 2 sl. raisin toast 6 oz. cup raspberry yogurt ½ cup pears 1 cup orange juice</p>	<p>2 1 cup 1% milk 1½ cup Rice Krispie cereal ½ cup cottage cheese ½ cup peaches 1 cup apple juice</p>	<p>3 1 cup 1% milk 1 WG English Muffin 1 scrambled egg ½ cup tropical fruit 1 cup pineapple juice</p>	<p>4 1 cup 1% milk 2 sl. WW toast / apple butter ½ cup Mandarin oranges 6 oz. blueberry yogurt 1 cup cranberry juice</p>
<p>7 1 cup 1% milk 2 oz. WG banana muffin 1 boiled egg ½ cup apple sauce 1 cup grape juice</p>	<p>8 1 cup 1% milk 2 sl. raisin toast 6 oz. cup raspberry yogurt ½ cup pears 1 cup orange juice</p>	<p>9 1 cup 1% milk 1½ cup Rice Krispie cereal ½ cup cottage cheese ½ cup peaches 1 cup apple juice</p>	<p>10 1 cup 1% milk 1 WG English Muffin 1 scrambled egg ½ cup tropical fruit ½ cup pineapple juice</p>	<p>11 1 cup 1% milk 2 sl. WW toast w/ apple butter ½ cup Mandarin oranges 6 oz. blueberry yogurt 1 cup cranberry juice</p>
<p>14 1 cup 1% milk 2 oz. WG banana muffin 1 boiled egg ½ cup apple sauce 1 cup grape juice</p>	<p>15 1 cup 1% milk 2 sl. raisin toast 6 oz. cup raspberry yogurt ½ cup pears 1 cup orange juice</p>	<p>16 1 cup 1% milk 1½ cup Rice Krispie cereal ½ cottage cheese ½ cup peaches 1 cup apple juice</p>	<p>17 1 cup 1% milk 1 WG English Muffin 1 scrambled egg ½ cup tropical fruit ½ cup pineapple juice</p>	<p>18 1 cup 1% milk 2 sl. WW toast w/ apple butter ½ cup Mandarin oranges 6 oz. blueberry yogurt 1 cup cranberry juice</p>
<p>21 1 cup 1% milk 2 oz. WG banana muffin 1 boiled egg ½ cup apple sauce 1 cup grape juice</p>	<p>22 1 cup 1% milk 2 sl. raisin toast 6 oz. cup raspberry yogurt ½ cup pears 1 cup orange juice</p>	<p>23 1 cup 1% milk 1½ cup Rice Krispie cereal ½ cup cottage cheese ½ cup peaches 1 cup apple juice</p>	<p>24 1 cup 1% milk 1 WG English Muffin 1 scrambled egg ½ cup tropical fruit ½ cup pineapple juice</p>	<p>25 1 cup 1% milk 2 sl. WW toast w/ apple butter ½ cup Mandarin oranges 6 oz. blueberry yogurt 1 cup cranberry juice</p>
<p>28 1 cup 1% milk 2 oz. WG banana muffin 1 boiled egg ½ cup apple sauce 1 cup grape juice</p>	<p>29 1 cup 1% milk 2 sl. raisin toast 6 oz. cup raspberry yogurt ½ cup pears 1 cup orange juice</p>	<p>30 1 cup 1% milk 1 ½ cup Rice Krispie cereal ½ cup cottage cheese ½ cup peaches 1 cup apple juice</p>	<p>31 1 cup 1% milk 1 WG English Muffin 1 scrambled egg ½ cup tropical fruit ½ cup pineapple juice</p>	<p>**Cereal or Toast will be offered for substitutes</p> <p>** Menus are subject to change</p> <p>WW = whole wheat WG = whole grain</p>

August 2023 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1 slice cheese 6 Ritz crackers	2 1 cup 1% milk ½ cup pears	3 4 peanut butter crackers ½ cup apple juice	4 1 cup 1% milk 1 granola bar
7 ½ cup strawberry yogurt ½ cup tropical fruit	6 1 slice cheese 6 Ritz crackers	7 1 cup 1% milk ½ cup pears	8 4 peanut butter crackers ½ cup apple juice	9 1 cup 1% milk 1 granola bar
14 ½ cup strawberry yogurt ½ cup tropical fruit	13 1 slice cheese 6 Ritz crackers	14 1 cup 1% milk ½ cup pears	15 4 peanut butter crackers ½ cup apple juice	16 1 cup 1% milk 1 granola bar
21 ½ cup strawberry yogurt ½ cup tropical fruit	20 1 slice cheese 6 Ritz crackers	21 1 cup 1% milk ½ cup pears	22 4 peanut butter crackers ½ cup apple juice	23 1 cup 1% milk 1 granola bar
28 ½ cup strawberry yogurt ½ cup tropical fruit	27 1 slice cheese 6 Ritz crackers	28 1 cup 1% milk ½ cup pears	29 4 peanut butter crackers ½ cup apple juice	**Substitutes are available for special diets** ** Menus are subject to change**