



August



Back to School Tips for Kids and Parents

Tuesday, August 1st	Wednesday, August 2nd	Thursday, August 3rd	Friday, August 4th
Banana bread, fruit mix Sn: Cantaloupe, club crackers Grilled cheese sand, green beans, fruit mix Sn: Apple slices w/ soy butter	Hash brown cass, pineapple Sn: Pita chips & hummus Fish shapes, broccoli w/ cheese, pineapple Sn: Bananas, animal crackers	Breakfast burritos, peaches Sn: Celery w/ ranch Tod: Club Crackers & cheese Fettuccini alfredo, peas, peaches Sn: Trail Mix	Whole Wheat French toast sticks, pears Sn: Ritz bits, juice Cheeseburger macaroni, green beans, pears Sn: Nutrigrain bars

* Set your child's sleep schedule back to "school time" two weeks before school starts.

* Get your kids involved in after school activities to keep them busy.

* Encourage your child to read at least one book before school begins.

* Let kids choose a planner or scheduling tool that are excited to use.

Monday, August 7th	Tuesday, August 8th	Wednesday, August 9th	Thursday, August 10th	Friday, August 11th
Cinnamon chex, applesauce Sn: Raisins, goldfish Tod: Goldfish, juice Bologna sand, cooked carrots, applesauce Sn: Sn: Grapes, yogurt Tod: Fruit, yogurt	Pineapple bread, fruit mix Infant: toast Sn: Watermelon, cheerios Spaghetti w/ meat sauce, salad w/ranch, fruit mix Sn: Apple crisp, water	Cinnamon toast, mandarin oranges Sn: Carrots w/ ranch Tod: Shredded carrots w/ ranch avantis day Sn: Popcorn, juice Tod: Puffed corn, juice	English muffins w/jelly, peaches Sn: Apple slices, string cheese Breadsticks w/cheese, turkey slices, peas, peaches Sn: Chex mix, juice	Biscuits and gravy, pears Sn: Orange slices, saltines Tod: Mandarin oranges, saltines Sloppy joe on bun, green beans, pears Sn: Chips, salsa

For these, and more tips go to:

Back to School
Time

Wednesday, 8/16
Unit 5

Thursday, 8/17
Epiphany
Corpus Christi

Friday, 8/18
District 87



Www.care.com

Regular Menu

Monday, August 14th	Tuesday, August 15th	Wednesday, August 16th	Thursday, August 17th	Friday, August 18th
<p>Rice Krispies, fruit mix</p> <p>Sn: Fruit smoothies</p> <p>Tacos, green beans, fruit mix</p> <p>Sn: Saltines, American cheese</p>	<p>Apple cinnamon bread, pears</p> <p>Sn: Celery w/ soy butter</p> <p>Tod: Veggie straws, juice</p> <p>Turkey sand, carrot sticks, ranch potatoes, pears</p> <p>Sn: 100 Cal. Oreo crisps, milk</p>	<p>Waffles, applesauce</p> <p>Sn: Cottage cheese, juice</p> <p>Meatballs, mashed potatoes, corn, applesauce</p> <p>Sn: Ritz bits, water</p>	<p>Omelets, peaches</p> <p>Sn: Cantaloupe, club crackers</p> <p>Chicken patty on bun, tator tots, peas, peaches</p> <p>Sn: Pretzels w/ ranch</p>	<p>Yogurt w/berries, buttered toast</p> <p>Sn: Rice cakes, juice</p> <p>Chicken, cheese, broccoli & rice cass., mandarin oranges</p> <p>Sn: Trail mix, water</p>

Monday, August 21st	Tuesday, August 22nd	Wednesday, August 23rd	Thursday, August 24th	Friday, August 25th
<p>Kix cereal, pears</p> <p>Sn: Graham crackers, applesauce</p> <p>Corn dogs, green beans, peas</p> <p>Sn: String cheese & tortilla wrap</p>	<p>Blueberry bread, pineapple</p> <p>Sn: Cucumber slices w/ ranch (peeled for tod's)</p> <p>Scalloped potatoes and ham, peas, pineapple</p> <p>Sn: Veggie Straws, juice</p>	<p>Whole Wheat French toast sticks, peaches</p> <p>Sn: Bananas, animal crackers</p> <p>Beef ravioli, California blend, peaches</p> <p>Sn: Mini ice cream sandwich-es, juice</p>	<p>Ham, cheese and egg cass, mandarin oranges</p> <p>Sn: Honey dew, ritz</p> <p>Grilled chicken pita with lettuce & ranch, green beans, mandarin oranges</p> <p>Sn: Nutrigrain bars</p>	<p>Pancakes, fruit mix</p> <p>Sn: Grapes, yogurt</p> <p>Tod: Fruit, yogurt</p> <p>Pepperoni pizza pasta, salad w/ ranch, fruit mix</p> <p>Sn: Cheddar cheese cubes & pita chips</p>

Monday, August 28th	Tuesday, August 29th	Wednesday, August 30th	Thursday, August 31st
<p>Crispix cereal, pineapple</p> <p>Sn: Gogurt, juice</p> <p>Ham sand, baked beans, pineapple</p> <p>Sn: Chips, salsa</p>	<p>Lemon bread, pears</p> <p>Sn: Watermelon, cheerios</p> <p>Scrambled eggs, toast, hash brown, fresh fruit</p> <p>Sn: Cheez-its, juice</p>	<p>Cinnamon rolls, applesauce</p> <p>Sn: Orange slices, saltines</p> <p>Tod: Mandarin oranges, saltines</p> <p>Mac n cheese, broccoli, applesauce</p> <p>Sn: Animal crackers, milk</p>	<p>Bagels w/ cream cheese, peaches</p> <p>Sn: Carrots w/ ranch</p> <p>Tod: Shredded carrots & ranch</p> <p>Swedish meatballs and noodles, peas, peaches</p> <p>Sn: Elf grahams, juice</p>

Like us on Facebook to see pictures, up coming events and even Win it Wednesdays! You don't want to miss out on all of the fun!



Little Jewels is a Peanut Free Zone

August

Regular Menu