



# August



## Back to School Tips for Kids and Parents

Tuesday, August 1st	Wednesday, August 2nd	Thursday, August 3rd	Friday, August 4th
<p>Banana bread, fruit mix</p> <p>Sn: Cantaloupe, club crackers</p> <p>Grilled cheese sand, green beans, fruit mix</p> <p>Sn: Apple slices w/ soy butter</p>	<p>Hash brown cass, pineapple</p> <p>Sn: Pita chips w/ hummus</p> <p>Italian noodles, broccoli w/ cheese, pineapple</p> <p>Sn: Bananas, animal crackers</p>	<p>Breakfast burritos, peaches</p> <p>Sn: Celery w/ ranch</p> <p>Tod: Club crackers w/ cheese</p> <p>Fettuccini alfredo, peas, peaches</p> <p>Sn: Trail mix</p>	<p>Whole Wheat French Toast sticks, pears</p> <p>Sn: Ritz bits, juice</p> <p>Cheese "burger" macaroni (w veg meat), green beans, pears</p> <p>Sn: Nutrigrain bars</p>

\* 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
<p>Cinnamon Chex, applesauce</p> <p>Sn: Raisins, goldfish</p> <p>Toddler: Goldfish, juice</p> <p>Cheese sand, cooked carrots, applesauce</p> <p>Sn: Grapes, yogurt</p> <p>Todd: Fruit, yogurt</p>	<p>Pineapple bread, fruit mix</p> <p>Infant: toast</p> <p>Sn: Watermelon, cheerios</p> <p>Spaghetti w/ veg. meat sauce, salad w/ranch, fruit mix</p> <p>Sn: Apple crisp, water</p>	<p>Cinnamon toast, mandarin oranges</p> <p>Sn: Carrots w/ ranch</p> <p>Tod: Shredded carrots w/ ranch</p> <p><b>avantis day</b></p> <p>Sn: Popcorn, juice</p> <p>Tod: Puffed corn, juice</p>	<p>English muffins w/jelly, peaches</p> <p>Sn: Apple slices, string cheese</p> <p>Breadsticks w/cheese sauce, Veg. meatballs, peas, peaches</p> <p>Sn: Chex mix, juice</p>	<p>Biscuits and gravy, pears</p> <p>Sn: Orange slices, saltines</p> <p>2U: Mandarin oranges, saltines</p> <p>Mozzarella sticks, green beans, pears</p> <p>Sn: Chips &amp; salsa</p>

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



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\*\*Vegetarian 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 w/ veg beef, green beans, fruit mix</p> <p>Sn: American cheese &amp; saltines</p>	<p>Apple cinnamon bread, pears</p> <p>Sn: Celery w/ soy butter</p> <p>Tod: Veggie straws, juice</p> <p>Hummus 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>Veg. Meatballs, mashed potatoes, corn, applesauce</p> <p>Sn: Ritz bits, water</p>	<p>Omelets, peaches</p> <p>Sn: Cantaloupe, club crackers</p> <p>Veg. 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>Veg. Chicken, cheese, broccoli &amp; rice cass., mandarin oranges</p> <p>Sn: Trail mix, water</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!



Monday, August 21st	Tuesday, August 22nd	Wednesday, August 23rd	Thursday, August 24 th	Friday, August 25th
<p>Kix cereal, pears</p> <p>Sn: Graham crackers, applesauce</p> <p>Veg. Corn dogs, green beans, pears</p> <p>Sn: String cheese &amp; tortilla wrap</p>	<p>Blueberry bread, pineapple</p> <p>Sn: Cucumber slices w/ ranch (peeled for Tod's)</p> <p>Scalloped potatoes, peas, pineapple</p> <p>Sn: Veggie Straws, juice</p>	<p>Whole Wheat French toast sticks, peaches</p> <p>Sn: Bananas, animal crackers</p> <p>Cheese ravioli, California blend, peaches</p> <p>Sn: Mini ice cream sandwiches, juice</p>	<p>Egg cass, mandarin oranges</p> <p>Sn: Honey dew, ritz crackers</p> <p>Veg chicken pita w/ lettuce &amp; ranch, green beans, mandarin oranges</p> <p>Sn: Nutrigrain bars</p>	<p>Pancakes, fruit mix</p> <p>Sn: Grapes, yogurt</p> <p>Toddler: Fruit, yogurt</p> <p>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>Hummus sand, veg. 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>Toddler: Mandarin Oranges, saltines</p> <p>Mac n cheese, broccoli, applesauce</p> <p>Sn: Animal crackers, milk</p>	<p>Bagels with cream cheese, fruit mix</p> <p>Sn: Carrots w/ ranch</p> <p>Tod: Shredded carrots w/ ranch</p> <p>Veg. Swedish meatballs and noodles, peas, fruit mix</p> <p>Sn: Elf grahams, juice</p>

Little Jewels is a Peanut Free Zone

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