

\*\*Regular Menu\*\*

# August

Little Jewels is



Wednesday, August 1st

Thursday, August 2nd

Friday, August 3rd

Waffles, applesauce

Sn: Cottage cheese, juice

Meatballs, mashed potatoes, corn, applesauce

Sn: Ritz bits, water

Omelets, peaches

Sn: Cantaloupe, club crackers

Chicken patty on bun, tator tots, peas, peaches

Sn: Pretzels w/ ranch

Yogurt w/berries, buttered toast

Sn: Rice cakes, juice

Pepperoni pizza pasta, salad w/ ranch, mandarin oranges

Sn: Trail mix, water

Monday, August 6th

Tuesday, August 7th

Wednesday, August 8th

Thursday, August 9th

Friday, August 10th

Kix cereal, pears

Sn: Graham crackers, applesauce

Corn dogs, green beans, pears

Sn: String cheese & tortilla wrap

Blueberry bread, pineapple

Sn: Cucumber slices w/ ranch (peeled for tod's)

Scalloped potatoes and ham, peas, pineapple

Sn: Veggie Straws, juice

Whole Wheat French toast sticks, peaches

avanti's day

Sn: Mini ice cream sandwiches, juice

Ham, cheese and egg cass, fruit mix

Sn: Honey dew, ritz

Grilled chicken pita with lettuce & ranch, green beans, fruit mix

Sn: Nutrigrain bars

Pancakes, mandarin oranges

Sn: Grapes, yogurt

Tod: Fruit, yogurt

Chicken, cheese, broccoli & rice cass., mandarin oranges

Sn: Cheddar cheese cubes & pita chips



## Healthy Eating Tips for Kids...

(Pssst...parents, we can't do it without you!)

### Tip #2: Choose Healthier Snacks

It's easy to reach for chips or biscuits when you and your children feel like nibbling on something, but these snacks tend to be low in nutrients and high in calories.

Instead, try to keep your cupboards stocked with healthier snacks such as fruit, air-popped popcorn, unsalted nuts and unsweetened yogurt.

# August

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Monday, August 13th

Crispix cereal, pineapple  
Sn: Gogurt, juice  
Ham sand, baked beans, pineapple  
Sn: Chips, salsa

Tuesday, August 14th

Lemon bread, pears  
Sn: Watermelon, cheerios  
Scrambled eggs, toast, hash brown, pears  
Sn: Cheez-its, juice

Wednesday, August 15th

Cinnamon rolls, applesauce  
Sn: Ritz bits, juice  
Mac n cheese, broccoli, applesauce  
Sn: Animal crackers, milk

Thursday, August 16th

Breakfast burritos, pineapple  
Sn: Pita chips & hummus  
Swedish meatballs and noodles, peas, pineapple  
Sn: Elf grahams, juice

Friday, August 17th

Yogurt w/ rice krispies, fruit mix  
Sn: Carrots w/ ranch  
Tod: Shredded carrots & ranch  
Pizza, salad w/ ranch, fruit mix  
Sn: Apple cinnamon tortillas, water

Monday, August 20th

Life cereal, mandarin oranges  
Sn: Cottage cheese, juice  
Chicken nuggets, corn, mashed potatoes, mandarin oranges  
Sn: Trail Mix

Tuesday, August 21st

Banana bread, fruit mix  
Sn: Cantaloupe, club crackers  
Grilled cheese sand, green beans, fruit mix  
Sn: Apple slices w/ soy butter

Wednesday, August 22nd

Hash brown cass, peaches  
Sn: Orange slices, saltines  
Tod: Mandarin oranges, saltines  
Fish shapes, broccoli w/ cheese, peaches  
Sn: Bananas, animal crackers

Thursday, August 23rd

Bagels w/ cream cheese, pears  
Sn: Celery w/ ranch  
Tod: Club Crackers & cheese  
Fettuccini alfredo, peas, pears  
Sn: Peach crisp, water

Friday, August 24th

Whole Wheat French toast sticks, pineapple  
Sn: Pretzel bites with cheese  
Cheeseburger macaroni, green beans, pineapple  
Sn: Nutrigrain bars

Monday, August 27th

Apple Cinnamon Cheerios, applesauce  
Sn: Raisins, goldfish  
Tod: Goldfish, juice  
Bologna sand, cooked carrots, applesauce  
Sn: Sn: Grapes, yogurt  
Tod: Fruit, yogurt

Tuesday, August 28th

Pineapple bread, fruit mix  
Infant: toast  
Sn: Watermelon, cheerios  
Spaghetti w/ meat sauce, salad w/ranch, fruit mix  
Sn: Apple crisp, water

Wednesday, August 29th

Cinnamon toast,  
Sn: Carrots w/ ranch  
Tod: Shredded carrots w/ ranch  
Chicken & cheese quesadilla, corn, mandarin oranges  
Sn: Popcorn, juice  
Tod: Puffed corn, juice

Thursday, August 30th

English muffins w/jelly, peaches  
Sn: Apple slices, string cheese  
Breadsticks w/cheese, turkey slices, peas, peaches  
Sn: Chex mix, juice

Friday, August 31st

Biscuits and gravy, pears  
Sn: Orange slices, saltines  
Tod: Mandarin oranges, saltines  
Sloppy joe on bun, green beans, pears  
Sn: Chips, salsa