

August

Little Jewels is



Wednesday, August 1st

Thursday, August 2nd

Friday, August 3rd

Waffles, applesauce
Sn: Cottage cheese, juice
Veg. Meatballs, mashed potatoes, corn, applesauce
Sn: Ritz bits, water

Omelets, peaches
Sn: Cantaloupe, club crackers
Veg. Chicken patty on bun, tator tots, peas, peaches
Sn: Pretzels w/ ranch

Yogurt w/berries, buttered toast
Sn: Rice cakes, juice
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
Veg. Corn dogs, green beans, pears
Sn: String cheese & tortilla wrap

Blueberry bread, pineapple
Sn: Cucumber slices w/ ranch (peeled for Tod's)
Scalloped potatoes, peas, pineapple
Sn: Veggie Straws, juice

Whole Wheat French toast sticks, peaches
avant's day
Sn: Mini ice cream sandwiches, juice

Egg cass, fruit mix
Sn: Honey dew, ritz crackers
Veg chicken pita w/ lettuce & ranch, green beans, fruit mix
Sn: Nutrigrain bars

Pancakes, mandarin oranges
Sn: Grapes, yogurt
Toddler: Fruit, yogurt
Veg. 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

VegetarianMenu



Monday, August 13th	Tuesday, August 14th	Wednesday, August 15th	Thursday, August 16th	Friday, August 17th
<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: Ritz bits, juice</p> <p>Mac n cheese, broccoli, applesauce</p> <p>Sn: Animal crackers, milk</p>	<p>Breakfast burritos, pineapple</p> <p>Sn: Pita chips w/ hummus</p> <p>Veg. Swedish meatballs and noodles, peas, pineapple</p> <p>Sn: Elf grahams, juice</p>	<p>Yogurt w/ rice krispies, fruit mix</p> <p>Sn: Carrots w/ ranch</p> <p>Tod: Shredded carrots w/ ranch</p> <p>Pizza, salad w/ ranch, fruit mix</p> <p>Sn: Apple cinnamon tortillas</p>

Monday, August 20th	Tuesday, August 21st	Wednesday, August 22nd	Thursday, August 23rd	Friday, August 24th
<p>Life cereal, mandarin oranges</p> <p>Sn: Cottage cheese, juice</p> <p>Veggie chicken nuggets, corn, mashed potatoes, mandarin oranges</p> <p>Sn: Trail Mix</p>	<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, peaches</p> <p>Sn: Orange slices, saltines</p> <p>Toddler: Mandarin Oranges, saltines</p> <p>Italian noodles, broccoli w/ cheese, peaches</p> <p>Sn: Bananas, animal crackers</p>	<p>Bagels with cream cheese, pears</p> <p>Sn: Celery w/ ranch</p> <p>Tod: Club crackers w/ cheese</p> <p>Fettuccini alfredo, peas, pears</p> <p>Sn: Peach crisp, water</p>	<p>Whole Wheat French Toast sticks, pineapple</p> <p>Sn: Soft bites with cheese</p> <p>Cheese "burger" macaroni (w veg meat), green beans, pineapple</p> <p>Sn: Nutrigrain bars</p>

Monday, August 27th	Tuesday, August 28th	Wednesday, August 29th	Thursday, August 30th	Friday, August 31st
<p>Apple Cinnamon Cheerios, 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>Cheese quesadilla, corn, mandarin oranges</p> <p>Sn: Popcorn, 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 & salsa</p>