



# Sample Monthly Menu - August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO SCHOOL Orientation Day	2 First Day of Preschool AM Snack 1/2 Biscuit with all-fruit spread 1/2 Cup of Fresh Apples Lunch 1/3 cup Green Bean Soup with Chicken over 1/3 cup of Rice	3 AM Snack 1/3 cup Unsweetened Whole-Grain Cereal 1/2 Cup of Fresh Bananas Lunch 1/3 cup Pasta with Meatsauce 1/4 cup of Steamed Vegetables	4 AM Snack 1/3 cup Organic Animal Crackers 1/2 Cup Fresh Watermelon Lunch 1/3 cup Greek Potatoes with Beef and 1/4 cup steamed Vegetables	5 AM Snack 1/3 cup Unsweetened Whole-Grain Cereal 1/2 Cup Fresh Oranges Lunch 1/3 cup Rice with Chicken 1/4 cup Broccoli and Carrots	6
7	8 AM Snack 1/3 cup Organic Animal Crackers 1/2 Cup of Fresh Cantaloupe Lunch Cheese Pizza	9 AM Snack 1/2 Biscuit with 1 tsp all-fruit spread 1/2 Cup of Fresh Bananas Lunch 1/3 cup of Egg and Cheese Baked Pasta and 1/4 cup Carrots	10 AM Snack 1/3 cup Unsweetened Whole-Grain Cereal 1/2 Cup of Fresh Apples Lunch 1/2 Gyros with Meat and sauce and lettuce and tomatoes	11 AM Snack 1/3 cup Organic Animal Crackers 1/2 Cup of Fresh Apples Lunch 1/3 cup Green Bean Soup with Chicken over 1/3 cup of Rice	12 AM Snack 1/3 cup Unsweetened Whole-Grain Cereal 1/2 Cup Fresh Watermelon Lunch 1/3 cup Chicken Noodle and Vegetable Soup and bread	13
14	15 AM Snack 1/3 cup Organic Animal Crackers 1/2 Cup Fresh Oranges Lunch 1/3 cup Potato Soup with Chicken and Vegetables and bread	16 AM Snack 1/3 cup Unsweetened Whole-Grain Cereal 1/2 Cup of Fresh Bananas Lunch 1/3 cup Rice with Beef and Onions 1/4 cup of Steamed Vegetables	17 AM Snack 1/2 Biscuit with 1 tsp all-fruit spread 1/2 Cup Fresh Watermelon Lunch 1/2 Cheese Quesadillas 1/4 cup of Corn and Tomato salad	18 AM Snack 1/3 cup Organic Animal Crackers 1/2 Cup of Fresh Cantaloupe Lunch 1/3 cup Pasta with Meatballs 1/4 cup of Steamed Vegetables	19 AM Snack 1/3 cup Unsweetened Whole-Grain Cereal 1/2 Cup of Fresh Apples Lunch 1/3 cup Pinto Bean Soup with Chicken over 1/3 cup Elbow pasta	20
21	22 AM Snack 1/3 cup Organic Animal Crackers 1/2 Cup of Fresh Cantaloupe Lunch 1/3 cup Beef, Rice and Vegetable Soup and Bread	23 AM Snack 1/2 Biscuit with 1 tsp all-fruit spread 1/2 Cup of Fresh Apples Lunch 1/3 cup Green Bean Soup with Chicken over 1/3 cup of Rice	24 AM Snack 1/3 cup Unsweetened Whole-Grain Cereal 1/2 Cup of Fresh Bananas Lunch 1/3 cup Pasta with Meatsauce 1/4 cup of Steamed Vegetables	25 AM Snack 1/3 cup Organic Animal Crackers 1/2 Cup Fresh Watermelon Lunch 1/3 cup Greek Potatoes with Beef and 1/4 cup steamed Vegetables	26 AM Snack 1/3 cup Unsweetened Whole-Grain Cereal 1/2 Cup Fresh Oranges Lunch 1/3 cup Rice with Chicken 1/4 cup Broccoli and Carrots	27
28	29 AM Snack 1/3 cup Organic Animal Crackers 1/2 Cup of Fresh Cantaloupe Lunch 1/3 cup Pasta with Meatballs 1/4 cup of Steamed Vegetables	30 AM Snack 1/2 Biscuit with 1 tsp all-fruit spread 1/2 Cup of Fresh Bananas Lunch 1/3 cup of Egg and Cheese Baked Pasta and 1/4 cup Carrots	31 AM Snack 1/3 cup Unsweetened Whole-Grain Cereal 1/2 Cup of Fresh Apples Lunch 1/2 Gyros with Meat and sauce and lettuce and tomatoes			