

MEALS 4 KIDS AUGUST LUNCH MENU

				Thursday 8/1/19	Friday 8/2/19
				Turkey Wrap	Chicken Salad Sandwich
Protein				Turkey (2 oz.)	Chicken (1oz) & Cheese (1 oz.)
Grain				WW Tortilla (1 tortilla)	WW Bread (2 slices)
Vegetable				Blueberries (1/4 cup)	Snap Peas (1/2 cup)
Fruit				Cantaloupe (1/2 cup)	Peaches (1/4 cup)
Milk				8 oz.	8 oz.

	Monday 8/5/19	Tuesday 8/6/19	Wednesday 8/7/19	Thursday 8/8/19	Friday 8/9/19
	PB&J	Taco Pasta Salad	Chicken & Cheese Wrap	Hummus Cup	Turkey & Cheese Sandwich
Protein	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Beans (1/2 cup) & Cheese	Chicken (1oz) & Cheese (1 oz.)	Hummus (1/2 cup) & String Cheese	Turkey (1 oz.) & Cheese (1 oz.)
Grain	WW Bread (2 slices)	WW Pasta (1 cup)	WW Tortilla (~10")	Pretzels (1 cup)	WW Bread (2 slices)
Vegetable	Snap Peas (1/2 cup)	Spinach and green salad (3/4 cup)	Snap Peas (1/2 cup)	Baby Carrots (1/2 cup)	1 Plum
Fruit	Apples (1/4 cup)	Mandarin Oranges (1/4 cup)	Peaches (1/4 cup)	1/2 Banana	Cantaloupe (1/2 cup)
Milk	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.

	Monday 8/12/19	Tuesday 8/13/19	Wednesday 8/14/19	Thursday 8/15/19	Friday 8/16/19
	Bean Dip with Tortilla	PB&J	Chicken Pasta Salad	Turkey Wrap	Chicken Salad Sandwich
Protein	Bean Dip (1/2 cup) & Cheese String	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Chicken Breast (2oz)	Turkey (2 oz.)	Chicken (1oz) & Cheese (1 oz.)
Grain	WW Tortilla (1 tortilla)	WW Bread (2 slices)	WG Pasta (1 cup)	WW Tortilla (1 tortilla)	WW Bread (2 slices)
Vegetable	Grapes (3/4 cup)	Snap Peas (1/2 cup)	Spinach and green salad (3/4 cup)	Blueberries (1/4 cup)	Snap Peas (1/2 cup)
Fruit	Fruit Bowl (1/4 cup)	Apples (1/4) Cup	1/2 Banana	Cantaloupe (1/2 cup)	Peaches (1/4 cup)
Milk	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.

	Monday 8/19/19	Tuesday 8/20/19	Wednesday 8/21/19	Thursday 8/22/19	Friday 8/23/19
	PB&J	Taco Pasta Salad	Chicken & Cheese Wrap	Hummus Cup	Turkey & Cheese Sandwich
Protein	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Beans (1/2 cup) & Cheese	Chicken (1oz) & Cheese (1 oz.)	Hummus (1/2 cup) & String Cheese	Turkey (1 oz.) & Cheese (1 oz.)
Grain	WW Bread (2 slices)	WW Pasta (1 cup)	WW Tortilla (~10")	Pretzels (1 cup)	WW Bread (2 slices)
Vegetable	Snap Peas (1/2 cup)	Spinach and green salad (3/4 cup)	Snap Peas (1/2 cup)	Baby Carrots (1/2 cup)	1 Plum
Fruit	Apples (1/4 cup)	Mandarin Oranges (1/4 cup)	Peaches (1/4 cup)	1/2 Banana	Cantaloupe (1/2 cup)
Milk	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.

	Monday 8/26/19	Tuesday 8/27/19	Wednesday 8/28/19	Thursday 8/29/19	Friday 8/30/19
	Bean Dip with Tortilla	PB&J	Chicken Pasta Salad	Turkey Wrap	Chicken Salad Sandwich
Protein	Bean Dip (1/2 cup) & Cheese String	Peanut Butter (2 Tbsp.) & String Cheese (1 oz)	Chicken Breast (2oz)	Turkey (2 oz.)	Chicken (1oz) & Cheese (1 oz.)
Grain	WW Tortilla (1 tortilla)	WW Bread (2 slices)	WG Pasta (1 cup)	WW Tortilla (1 tortilla)	WW Bread (2 slices)
Vegetable	Grapes (3/4 cup)	Snap Peas (1/2 cup)	Spinach and green salad (3/4 cup)	Blueberries (1/4 cup)	Snap Peas (1/2 cup)
Fruit	Fruit Bowl (1/4 cup)	Apples (1/4) Cup	1/2 Banana	Cantaloupe (1/2 cup)	Peaches (1/4 cup)
Milk	8 oz.	8 oz.	8 oz.	8 oz.	8 oz.

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
MENU SUBJECT TO CHANGE**

