

The Children's Center AUGUST 2017 Menu  
Head Start and Community Preschool - Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>HS CLOSED</b> Breakfast: Blueberry Muffins, pineapple, milk	<b>HS CLOSED</b> Breakfast: Cheerios, peaches, milk	<b>HS CLOSED</b> Breakfast: Oatmeal, pears, milk	<b>HS CLOSED</b> Breakfast: Chicken Sausage Link and Hash brown, milk
	Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and milk	Lunch: Spaghetti meat sauce(Ground Turkey) w/wheat noodles, mixed vegetables, pears, and milk	Lunch: Ham sub (Whole Grain) w/ lettuce and tomato*, corn, and milk	Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat breadstick, milk
	Snack: Goldfish and milk	Snack: Warm wheat biscuit, **chef's choice fruit** and water _____	Snack: Cereal mix and milk	Snack: Vanilla Yogurt, pineapple and water
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>HS CLOSED</b> Breakfast: Oatmeal pears, milk	<b>HS CLOSED</b> Breakfast: Kix, mandarin oranges, milk	<b>HS CLOSED</b> Breakfast: Vanilla Yogurt , pineapple, milk	<b>HS CLOSED</b> Breakfast: Whole Grain Waffles, bananas, milk	<b>HS CLOSED</b> Breakfast: French toast sticks, **chef's choice fruit** and milk _____
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk	Lunch: Turkey sub (Whole Grain), w/ lettuce and *tomato, tater tots w/ketchup and milk	Lunch: Cheesy Chicken Spaghetti Bake (Wheat Noodles), peas, **chef's choice veggie** and milk _____	Lunch: Whole Grain Macaroni with cheese, green beans, yams* and milk	Lunch: Meatball sub (Whole Grain), pears, *kale, milk
Snack: Apple juice and saltines	Snack: Pears and milk	Snack: Cereal mix and milk	Snack gold fish and milk	Snack: Graham crackers, mandarin oranges and water
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>HS CLOSED</b> Breakfast: Cheese with wheat toast, applesauce, and milk	<b>HS CLOSED</b> Breakfast: Whole Grain Waffles, pineapple and milk	<b>HS CLOSED</b> Breakfast: Kix, **chef's choice fruit**, and milk _____	<b>HS CLOSED</b> Breakfast: Grits, pears and milk	<b>HS CLOSED</b> Breakfast: Whole Grain Pancakes, Applesauce, milk
Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and milk	Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk	Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk	Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk	Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, fresh carrots* with ranch, milk
Snack: Pears and milk	Snack: Kix, Mandarin Oranges and water	Snack: Peaches, Whole Grain Cheez Its and water	Snack: Cereal mix and milk	Snack: Vanilla Yogurt, Pineapple, Water
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>HS CLOSED</b> Breakfast: Oatmeal, pears, milk	<b>HS CLOSED</b> Breakfast: Cheerios, orange juice, milk	<b>ALL CENTERS CLOSED</b> All Staff Training Day	<b>HS CLOSED</b> Breakfast: Breakfast Pizza, pears, milk	<b>HS CLOSED</b> Breakfast: Kix, pineapple, milk
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, milk	Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn, kale*, milk		Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat breadstick, milk _____	Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk
Snack: Whole Grain Cheez - Its and apple juice	Snack: Cheese Sandwich on wheat bread and water		Snack: Milk and cereal mix	Snack: graham crackers and milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>HS CLOSED</b> Breakfast: Hot Whole Grain Biscuit, peaches, milk	<b>HS CLOSED</b> Breakfast: Kix, pineapple, milk	<b>HS CLOSED</b> Breakfast: Vanilla Yogurt, **chef's choice fruit**, milk _____	<b>HS CLOSED</b> Breaffast: Pancakes, Applesauce, milk	
Lunch: Chicken salad, Ritz crackers, carrot* sticks with ranch dressing, **chef's choice veggie**, milk	Lunch: Meatball sub (Whole Grain), tropical fruit , ^green beans, milk	Lunch: Chef Salad with ranch dressing, Wheat Breadstick and Milk	Lunch: Grilled chicken patty on wheat bun , garlic mashed cauliflower*, peas, milk	
Snack: Whole Grain Cheez Its, milk	Snack: Saltine crackers, cheese, water	Snack: Carrot and celery sticks w/ranch and milk	Snack: Orange juice & saltines	

\* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger that 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All milk is low fat and 100% fruit juice is used.

^Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods

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