

The Children's Center AUGUST 2023 Menu One to Five Years Old - Chef's Choice Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
 National Immunization Awareness Month	HS CLOSED Breakfast: Cheerios, Mandarin Oranges, Milk	HS CLOSED Breakfast: Chicken Sausage Link, Hashbrowns and Milk	HS CLOSED Breakfast: Breakfast Pizza, pears, Milk	HS CLOSED Breakfast: Kix, pineapple, Milk
	Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk	Lunch: Spaghetti w/meat sauce (Ground Turkey) and whole wheat noodles, Yellow 	Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat roll, Milk	Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk
	Snack: Whole Wheat Tortilla Pizza and Water	Squash, **chef's choice fruit** and Milk Snack: Cheese Sandwich on wheat bread and water	Snack: Whole Grain Cheez - Its, Cantaloupe and Water	Snack: Goldfish Crackers, Milk
7	8	9	10	11
EHS/HS Closed - Teacher Work Day Breakfast: Hot Whole Grain Biscuit, peaches, Milk	HS CLOSED Breakfast: Kix, pineapple, Milk	HS CLOSED Breakfast: Vanilla Yogurt, **chef's choice fruit** , Milk	HS CLOSED Breakfast: Pancakes, Applesauce, Milk Lunch: Grilled chicken patty on wheat bun , garlic mashed cauliflower*, peas, Milk	HS CLOSED Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk
Lunch: Chicken salad, Ritz crackers, Cantaloupe, Mixed Vegetable Blend*, Milk	Lunch: Meatball on a bun (Whole Grain), Baked Potato with Sour Cream , ^green beans, Milk	Lunch: Chef Salad with ranch dressing, chef's choice fruit, wheat roll and Milk	Snack: String Cheese, Strawberry Yogurt Chex, Water 	Lunch: Swai Filet with Lemon Pepper, Mashed Potatoes, spinach*, w/ wheat roll, Milk
Snack: Honey Dew Melon, Milk	Snack: Saltine crackers, cheese, water	Snack: Apples and Cottage Cheese w/ water		Snack: Tortilla Chips, Salsa, Milk
14	15	16	17	18
HS CLOSED Breakfast pizza, mandarin Oranges, Milk	HS CLOSED 	HS CLOSED Breakfast: Cheerios, peaches, Milk	HS CLOSED Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk	HS CLOSED Breakfast: Chicken Sausage Link and Hash brown, Milk
Lunch: Chicken Nuggets *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk	Breakfast: French Toast Sticks, Pineapple, Milk	Lunch: Meatballs with Gravy, Mixed Vegetables, Mashed Potatoes, Roll and Milk	Lunch: Ham on a bun (Whole Grain) w/ lettuce and tomato*, corn, and Milk	Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat roll, Milk
Snack: Ritz crackers, cheese, water	Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk Snack: String Cheese, Strawberry Yogurt Chex, Water	Snack: Warm wheat biscuit, **chef's choice fruit** and water	Snack: Whole Grain Cheez - Its, Cantaloupe and Water	Snack: Whole Wheat Tortilla Pizza and Water
21	22	23	24	25
HS CLOSED Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk	HS CLOSED Breakfast: Kix, Mandarin Oranges, Milk	HS CLOSED Breakfast: Vanilla Yogurt , pineapple, Milk	HS CLOSED Breakfast: Whole Grain Waffles, bananas, Milk	HS CLOSED 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 on a bun (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	National Banana Split Day!
Snack: Vanilla Yogurt, pineapple and water	Snack: Cantaloupe and Cottage Cheese with water	Snack: Mandarin Oranges and Milk	Snack gold fish crackers and Milk	Lunch: Meatball on a bun (Whole Grain), pears, *spinach, Milk Snack: String Cheese, Strawberry Yogurt Chex, Water
28	29	30	31	
HS CLOSED National Power Ranger Day 	HS CLOSED Breakfast: Whole Grain Waffles, pineapple and Milk Lunch: Cheese Ravioli with Marinara, Mozz Cheese, Broccoli, Chef's Choice Vegetable and Milk Snack: Peaches, Whole Grain Cheez Its and water	HS CLOSED Breakfast: Kix, **chef's choice fruit** , and Milk Lunch: Chicken Nuggets *Brussels sprouts, yams*, w/ wheat roll, Milk Snack: Apples and Milk	Breakfast: Grits, pears and Milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and Milk Snack: Vanilla Yogurt, Pineapple, Water	August Birth Flowers <i>Gladiolus and Poppy</i>  
* 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	
"This institution is an equal opportunity provider and employer"				