

FROM THE HEART - AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Breakfast: Waffles, Fruit, Milk Lunch: <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Salad, Milk Snack: WG Chex Mix, 100% Fruit Juice</p>	<p>Breakfast: WG Rice Chex, Fruit, Milk Lunch: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk Snack: WG Wheat Thins, Cheese</p>	<p>Breakfast: French Toast Sticks, Fruit, Milk Lunch: <i>Chicken Patty Sandwich</i> Breaded Chicken, WG Bun, Carrot Sticks, Fruit, Milk Snack: Yogurt, Granola</p>	<p>Breakfast: Pancakes, Fruit, Milk Lunch: <i>Taco</i> Ground Turkey, Pinto Beans, WG Corn Tortilla, Fruit, Milk Snack: Pretzels, String Cheese</p>	<p>Breakfast: WG Cheerios, Fruit, Milk Lunch: <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Fruit, Salad, Milk Snack: WG Graham Crackers, Milk</p>
8	9	10	11	12
<p>Breakfast: Biscuits, Fruit, Milk Lunch: <i>BBQ Pulled Chicken</i> Chicken, WG Bun, Baked Beans, Corn, Milk Snack: WG Goldfish, 100% Juice</p>	<p>Breakfast: WG Kix, Fruit, Milk Lunch: <i>Spaghetti & Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Salad, Milk Snack: Animal Crackers, Milk</p>	<p>Breakfast: WG Corn Chex, Fruit, Milk Lunch: <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: WG Graham Crackers, Yogurt</p>	<p>Breakfast: Pancakes, Fruit, Milk Lunch: <i>Sloppy Joes</i> Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk Snack: WG Chex Mix, 100% Fruit Juice</p>	<p>Breakfast: Rice Krispies, Fruit, Milk Lunch: <i>Chicken Salad</i> Chicken, Cole Slaw, WG Pita Bread, Fruit, Milk Snack: Chex Mix, Milk</p>
15	16	17	18	19
<p>Breakfast: Special K, Fruit, Milk Lunch: <i>Penne Pasta</i> Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk Snack: WG Cheez Its, 100% Fruit Juice</p>	<p>Breakfast: WG Life Cereal, Fruit, Milk Lunch: <i>Meatball Sub</i> Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk Snack: Wheat Thins, Cheese</p>	<p>Breakfast: Waffles, Fruit, Milk Lunch: <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk Snack: WG Goldfish, 100% Fruit Juice</p>	<p>Breakfast: English Muffins, Fruit, Milk Lunch: <i>Burger</i> Slider, WG Bun, Tater Tots, Fruit, Milk Snack: Cheese, Pretzels</p>	<p>Breakfast: WG Cheerios, Fruit, Milk Lunch: <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Yogurt, Granola</p>
22	23	24	25	26
<p>Breakfast: WG Life Cereal, Fruit, Milk Lunch: <i>Baked Chicken</i> Chicken, WG Dinner Roll, Mixed Vegetables, Salad, Milk Snack: WG Cheez Its, 100% Fruit Juice</p>	<p>Breakfast: Biscuits, Fruit, Milk Lunch: <i>Spaghetti</i> Ground Turkey, WG Pasta, Mixed Vegetables, Salad, Milk Snack: WG Animal Crackers, Milk</p>	<p>Breakfast: Waffles, Fruit, Milk Lunch: <i>Hawaiian Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Cheese, Goldfish</p>	<p>Breakfast: Corn Chex, Fruit, Milk Lunch: <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk Snack: Graham Crackers, Yogurt</p>	<p>Breakfast: WG Kix, Fruit, Milk Lunch: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Cucumber, Milk Snack: Wheat Thins, 100% Fruit Juice</p>
29	30	31	All Meals Provided by Teach, Learn, Change * Menu Subject to Change	
<p>Breakfast: Biscuits, Fruit, Milk Lunch: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk Snack: WG Goldfish, 100% Juice</p>	<p>Breakfast: Waffles, Fruit, Milk Lunch: <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Salad, Milk Snack: WG Chex Mix, 100% Fruit Juice</p>	<p>Breakfast: WG Cheerios, Fruit, Milk Lunch: <i>Taco</i> Ground Turkey, Pinto Beans, WG Corn Tortilla, Fruit, Milk Snack: Pretzels, String Cheese</p>	  <p>This institution is an equal opportunity provider.</p>	

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast: grain - ½ serving bread or muffin or ¾ cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup **1% plain milk**

Lunch: meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit or vegetable - ¼cup; milk- ¾cup **1% plain milk**

Snack (two of the following): meat/meat alternate - ½oz, yogurt 2 oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup **1% plain milk**

*(WG) = Whole Grain