

## JULY/AUGUST, 2019 LUNCH SNACKS AND EVENTS

<b>July 29</b>	<b>July 30</b>	<b>July 31</b>	<b>August 1</b>	<b>August 2</b>
Cold cereal, Bananas (mashed), 2%(whole)	Egg French Toast, Applesauce	Bagels w/cr. Cheese, Fruit	Oatmeal w/ Apples, 2% (whole)	<u>Egg, Pineapple</u>
Veggies, dip	Yogurt and Fruit	Apples, dip	Bananas (mashed), Milk	<u>Apples, Cottage cheese</u>
<u>Open faced cheese sand. Carrots(cooked) Banana(mash), 2%.</u>	<u>Lasagna, 2% Apples.</u>	<u>Egg and Potatoes, 2%, Oranges</u>	<u>Ch. Platter, Macaroni, 2%, Fruit salad, Carrots (cooked).</u>	<u>Turkey and Potato, Green beans, Bananas, 2%</u>
Celery w/raisins, Oranges	Fruit	Cottage Cheese, Applesauce	Wheat cracker with Cheese	<u>Muffins w/cr. cheese</u>
<b>August 5</b>	<b>August 6</b>	<b>August 7</b>	<b>August 8</b>	<b>August 9</b>
Cold Cereal, 2% Bananas	Cheese, Juice	Grits, 2% (whole) (raisins for child over 2)	Boiled egg, Carrots	Bread, Cr. Cheese
Cheese & Bread	Oranges, crackers	Melon & bread	Wheat Crackers, Apples	Cold cereal, 2%.
Spaghetti w/sauce, 2%, oranges	<u>Chicken w/rice, 2%, Carrots (cooked), Apples.</u>	<u>Tuna &amp; Mac., 2%, Vegetable soup.</u>	<u>Hot dogs (chicken) and Beans Fruit salad, 2% .</u>	<u>Pizza w/ cheese, 2%, Apples.</u>
Wheat crackers, apples	Broccoli, organic corn chips	Yogurt with Fruit	Melon, cheese	Organic corn chips, Applesauce
<b>August 12</b>	<b>August 13</b>	<b>August 14</b>	<b>August 15</b>	<b>August 16</b>
Cold Cereal, Bananas (mashed), Grapes, wheat crackers	Cr. Of Wheat, Raisin (banana), juice Broccoli, chips	Pancakes, Applesauce, ctg.ch. Bananas (mashed), milk	Oatmeal w/Apples Yogurt with fruit	Egg, Fruit Cheese, and Melon
<u>Egg and potato, 2%, Apples (Applesauce)</u>	<u>Grilled cheese, 2%, Bananas (mashed).</u>	<u>Macaroni &amp; Cheese, 2%, Apples (sauce), Carrots (cooked).</u>	<u>Turkey and Rice, 2%, Bananas(mashed), Broccoli</u>	<u>Fish Sticks, potatoes, 2%, Fruit Salad.</u>
Cheese, Juice	Yogurt with fruit	Cereal, 2% (whole).	Wheat Crackers, Oranges	Bread, Cream Cheese
<b>August 19</b>	<b>August 20</b>	<b>August 21</b>	<b>August 22</b>	<b>August 23</b>
Cold cereal, Bananas (mashed), 2%(whole)	Egg French Toast, Applesauce.	Bread and Fruit	Oatmeal w/ Apples, 2% (whole)	Egg, Pineapple
Veggies, dip	Yogurt and Fruit	Apples, dip	Bananas (mashed), Milk	Apples, Cottage cheese
<u>Open faced cheese sand. Carrots(cooked) Banana(mash), 2%.</u>	<u>Lasagna, 2% Apples.</u>	<u>Egg and Potatoes, 2%, Oranges</u>	<u>Ch. Platter, Macaroni, 2%, Fruit salad, Carrots (cooked).</u>	<u>Turkey and Potato, Green beans, Bananas, 2%</u>
Celery w/raisins, Oranges	Fruit	Cottage Cheese, Applesauce	Wheat cracker with Cheese	Muffins w/cr. Cheese
<b>August 26</b>	<b>August 27</b>	<b>August 28</b>	<b>August 29</b>	<b>August 30</b>
Cold Cereal, 2% Bananas	Cheese, Juice	Grits, 2% (whole) (raisins for child over 2)	Boiled egg, Carrots	Bread, Cr. Cheese
Cheese & Bread	Oranges, crackers	Melon, bread	Wheat Crackers, Apples	Cold cereal, 2%.
Spaghetti w/sauce, 2%, oranges	<u>Chicken w/rice, 2%, Carrots (cooked), Apples.</u>	<u>Tuna &amp; Mac., 2%, Vegetable soup.</u>	<u>Hot dogs (chicken) And Beans Fruit salad, 2% .</u>	<u>Pizza w/ cheese, 2%, Apples.</u>
Wheat crackers, apples	Broccoli, organic corn chips	Yogurt with Fruit	Melon, cheese	Organic corn chips, Applesauce

\*Toddler lunches include 2% milk. If your doctor recommends whole milk, parents must supply this. Changes for foods prepared for toddlers are in parenthesis.

August 14<sup>th</sup>: 1<sup>st</sup> day of school. All students must attend the 14<sup>th</sup>, 15<sup>th</sup>, and 16<sup>th</sup> of August if at all possible. You will only be charged your regular fee. If it is a day you normally don't attend, it will be for 1/2 day.