

August Menu - 9th Street School

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.

Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.

August 6-10

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Applesauce Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Whole wheat toast w/honey Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Tuna & Cheese Sandwich (on whole wheat bread) Diced Pears (canned) Fresh Cucumbers w/dip Skim milk	Ham and Cheese Pizza Fresh Salad Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Spaghetti w/meat and tomato sauce Green beans (canned) Skim milk	Turkey & Cheese Wrap (turkey and cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
Snack	Ritz 100% Fruit Juice	CheX Mix (whole grain cheX cereal pretzels & Raisins) Water	Whole wheat bread w/cinnamon butter 100% Fruit Juice	Apples Cheese Slice	Graham Crackers 100% Fruit Juice

August 13-17

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Applesauce Skim Milk	Whole wheat toast w/jam Fresh Fruit Skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Cantaloupe Skim Milk	Hamburger Gravy over mashed potatoes Mixed veggies (frozen) Whole Wheat Rolls Skim milk	BBQ Chicken Sandwich (on a whole wheat bun) Corn Fresh Cucumbers with dip Skim Milk	Tacos (ground beef, cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Diced Pear cups Skim milk
Snack	Cottage Cheese & Saltines Water	String Cheese 100% Fruit Juice	Yogurt & Whole grain cereal pieces Water	Pretzels 100% Fruit Juice	Wheat Thins (whole wheat) 100% Fruit Juice

August 20-24

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Applesauce Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Whole wheat toast w/honey Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Corn Dogs (Child Nutrition labeled) Baked Beans (Canned) Watermelon Skim Milk	Spanish Rice w/ground beef and tomato sauce Green beans (canned) Skim milk	Bean & Cheese burrito Fresh Baby Carrots w/dip Corn (frozen) Skim milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Turkey & Cheese Wrap (Turkey and cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
Snack	Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Ice water	Whole wheat bread with cinnamon butter 100% Fruit Juice	Ritz 100% Fruit Juice	Cheesy Crackers Skim Milk

August 27-31

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Applesauce skim Milk	Whole wheat toast w/ Jam Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Hard Boiled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Sun butter & Jelly Sandwich (peanut free, made with sunflower seeds) Apples Fresh Cauliflower w/dip Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over egg noodles) Green beans (canned) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Taco Salad (ground beef, cheese & fresh lettuce on whole grain tortilla chips) Ranch Style beans (canned) Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Diced Pear Cups Skim milk
Snack	Pretzels 100% Fruit Juice	Cottage Cheese & Saltines Ice Water	Yogurt & Whole Wheat Cereal Pieces Ice water	Grahams 100% Fruit Juice	String cheese 100% Fruit Juice

The USDA is an equal opportunity provider and employer.