

# REVISED August Menu - South Ogden

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
<b>Breakfast</b>	Muffins (whole grain) Applesauce Skim Milk	Whole wheat toast w/honey 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
<b>Lunch</b>	Tuna & Cheese Sandwich (on whole wheat bread) Diced Pears (canned) Fresh Cucumbers w/dip Skim milk	Ham and Cheese Pizza Fresh Salad Skim Milk	Spaghetti w/meat and tomato sauce Green beans (canned) Skim milk	Sun butter & Jelly Sandwich (peanut free, made with sunflower seeds) Apples Fresh Cauliflower w/dip Skim milk	Turkey & Cheese Wrap (turkey and cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Ritz 100% Fruit Juice	Oyster Crackers Milk	Whole wheat bread w/cinnamon butter 100% Fruit Juice	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Graham Crackers 100% Fruit Juice

## August 13-17

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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
<b>Lunch</b>	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 Fruit Cocktail cups Skim milk
<b>Snack</b>	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
<b>Breakfast</b>	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
<b>Lunch</b>	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) Peas (canned) Skim milk	Turkey & Cheese Wrap (Turkey and cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	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
<b>Breakfast</b>	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
<b>Lunch</b>	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 Fruit Cocktail Cups Skim milk
<b>Snack</b>	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

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