

# August MENU 2023 9th Street

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 & berries (when in season). We order fresh fruit depending upon the price and availability.*

## August 7-11

|           | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|-----------|---|--|--|--|--|
| Breakfast | Bagels w/cream cheese<br>Fresh Fruit Skim Milk  | Boiled eggs<br>Fresh Fruit<br>Skim Milk  | Muffins (whole grain)<br>Fresh Fruit<br>Skim Milk  | Oatmeal (whole grain)<br>w/brown sugar Fresh<br>Fruit Skim Milk  | Cereal (whole grain)<br>Fresh fruit<br>Skim Milk   |
| Lunch     | Spaghetti (whole grain<br>noodles) w/lean ground<br>turkey and tomato sauce<br>Corn (canned)<br>Skim milk | Ham and Cheese sandwich<br>(whole wheat bread)<br>Fresh Apple<br>Fresh carrot<br>Skim Milk | Pizza from Pizza Hut<br>(meets the Child Nutrition<br>Requirements)<br>Fresh Lettuce w/Ranch<br>Extra marinara sauce for<br>dipping, Skim Milk | Shepherd's Pie<br>(mashed potatoes, ground<br>turkey, green beans and<br>cheese)<br>Whole wheat Rolls<br>Skim milk | Chicken Nuggets<br>(child nutrition approved, whole<br>grain breeding)<br>Baked beans (canned)<br>Blueberries (fresh)<br>Skim milk |
| Snack     | Whole grain tortilla Chips<br>& salsa (grated cheese for  | Cottage Cheese and saltine<br>crackers water   | Wheat Thins (WG)<br>100% Fruit Juice   | Tiger Bite Grahams (WG),<br>Milk   | Pretzels<br>100% fruit juice   |

## August 14-18

|           | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|-----------|---|--|--|--|--|
| Breakfast | Whole wheat Bagel<br>w/cream cheese<br>Fresh Fruit, Skim Milk                               | Pancakes<br>Fresh Fruit<br>Skim Milk   | Muffins (whole grain)<br>Fresh Fruit<br>Skim Milk  | French Toast<br>Fresh Fruit, Skim Milk   | Cereal (whole grain)<br>Fresh fruit<br>Skim Milk   |
| Lunch     | Tuna & cheese sandwich<br>(whole wheat bread)<br>Fresh Watermelon<br>Cucumbers<br>Skim Milk | Tacos (ground turkey,<br>cheese & fresh lettuce on a<br>whole grain taco shell)<br>Ranch beans (canned)<br>Skim Milk | Pizza from Pizza Hut<br>(meets the Child Nutrition<br>Requirements)<br>Green Beans<br>Extra marinara sauce for<br>dipping, Skim Milk | Hamburger gravy over<br>potatoes<br>Mixed Vegetables (Calif.<br>Style)<br>Whole wheat rolls<br>Skim milk | Turkey Wraps (turkey<br>whole wheat tortilla<br>cheese)<br>Carrots<br>Pears<br>Skim milk |
| Snack     | Apples and Cheese, Water  | Popcorn 100% juice   | Goldfish Crackers (WG)<br>100% Fruit Juice   | grahams crackers<br>Milk   | Pita bread (whole grain)<br>w/hummas, water  |

## August 21-25

|           | Monday   | Tuesday  | Wednesday   | Thursday  | Friday                                 |
|-----------|--|--|---|---|--|
| Breakfast | Whole wheat Bagel<br>w/cream cheese<br>Fresh Fruit & Skim Milk   | Oatmeal<br>Fresh Fruit Skim Milk   | Muffins (whole grain)<br>Fresh Fruit<br>skim Milk   | Biscuits and Gravy<br>fresh fruit<br>skim Milk  |  |
| Lunch     | Sloppy Joes (lean gr. Beef)<br>on whole wheat buns<br>Baked Beans<br>Diced Peaches (canned)<br>Skim Milk | Mac and Cheese (whole<br>wheat Pasta) Diced Ham<br>Frozen Peas<br>Diced Pears<br>Skim Milk | Pizza from Pizza Hut<br>(meets the Child Nutrition<br>Requirements)<br>Fresh Carrots w/dips<br>Extra maranara sauce for<br>dipping, Skim Milk | Chef salad<br>Diced Ham<br>Cheese<br>Lettuce, Cantaloupe<br>Whole wheat roll<br>skim milk | Closed for Professional<br>Development |
| Snack     | Triscuits 100% juice   | Animal Crackers<br>100% Fruit Juice  | Whole grain tortilla Chips &<br>salsa (grated cheese for<br>toddlers) and water   | Yogurt & Whole Grain<br>Cereal Pieces, Water  |  |

## August 28-Sept 1

|           | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|-----------|---|---|--|---|---|
| Breakfast | Bagels w/Cream Cheese<br>Fresch Fruit Skim Milk   | Boiled Eggs<br>Fresh Fruit<br>Skim Milk   | Muffins (whole grain)<br>Fresh Fruit<br>Skim Milk  | Scrambled Eggs<br>Fresh Fruit,<br>Skim Milk   | Cereal (whole grain)<br>Fresh fruit<br>Skim Milk  |
| Lunch     | Bean & Cheese burritoos<br>(whole grain tortillas)<br>Corn<br>Baby carrots w/dip<br>Skim milk | Teriaki Beef (lean gr. beef)<br>over brown rice<br>Broccoli (frozen)<br>Pineapple (canned)<br>Skim milk | Pizza from Pizza Hut<br>(meets the Child Nutrition<br>Requirements)<br>Fresh lettuce w/ranch<br>Extra marinara sauce for<br>dipping, Skim Milk | BBQ Chicken on a whole<br>wheat bun<br>Peas (frozen)<br>Fresh Watermelon<br>Skim Milk | Turkey Hot dogs whole<br>wheat buns<br>cucumbers w/dip,<br>Peaches (diced)<br>Skim Milk |
| Snack     | Whole wheat Bread w/ cinn<br>sugar Skim Milk  | Pretzels<br>100% fruit juice  | Goldfish Crackers (WG)<br>100% Fruit Juice   | Pita bread (whole grain)<br>w/hummas, water   | Cheese sticks & Ritz<br>Crackers water  |

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