

August MENU 2023 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 & 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 Fresh Fruit Skim Milk	Oatmeal (whole grain) w/brown sugar Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Boiled eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Corn (canned) Skim milk	Shepherd's Pie (mashed potatoes, ground turkey, green beans and cheese) Whole wheat Rolls Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Lettuce w/Ranch Extra marinara sauce for dipping, Skim Milk	Ham and cheese sandwich (whole wheat bread) Fresh Apple Fresh Carrot Skim milk	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked beans (canned) Blueberries (fresh) Skim milk
Snack	Whole grain tortilla Chips & salsa (grated cheese for	Cottage Cheese and saltine crackers water	Wheat Thins (WG) 100% Fruit Juice	Tiger Bite Grahams (WG), Milk	Pretzels 100% fruit juice

August 14-18

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

August 21-25

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

August 28-Sept 1

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

The USDA is an equal opportunity provider and employer.