

Monday, July 29, 2024	Tuesday, July 30, 2024	Wednesday, July 31, 2024	Thursday, August 1, 2024	Friday, August 2, 2024
			WG Buttermilk Pancake, 1ea w/ Chicken Sausage, 1ea Syrup Fresh Baby Carrots, 1/4c Ranch Cantaloupe, 1sl <u>TODS & TWOS</u> Carrot Coins, 1/4c Diced Cantaloupe, 3/8c VEG: Morningstar Veggie Sausage, 1ea	Meatless Baked Ziti, 1/2c **WG Pasta, Marinara, 3 Cheese, Soy, 1/2c** Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Wheat Dinner Roll, 1ea Pears in Juice, 3/8c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c
VEG: Vegetarian Nacho Fiesta, 1/4c				
Monday, August 5, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c <u>TODS & TWOS</u> Sweet Tender Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea	Tuesday, August 6, 2024 Pizza Pasta Bake, 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz 100% Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2c	Wednesday, August 7, 2024 NAE WG Chicken Nuggets, 3ea Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Honeydew, 1sl <u>TODS & TWOS</u> Diced Honeydew, 3/8c VEG: Macaroni & Cheese, 1/2c Morningstar Veggie Nuggets, 3ea	Thursday, August 8, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c <u>TODS & TWOS</u> Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2c & WG Brown Rice w/Cauliflower, 1/3c	Friday, August 9, 2024 Pizza Day! Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8c <u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl
Monday, August 12, 2024 NAE WG Chicken Nuggets, 5ea Ruffles Chips, 1/4c Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c <u>TODS & TWOS</u> Goldfish, 1/4c VEG: Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz	Tuesday, August 13, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Applesauce, 3/8c VEG: Veg Black Bean Chili, 1/2c	Wednesday, August 14, 2024 NAE GF Chicken Tender, 3ea Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Cantaloupe, 1sl <u>TODS & TWOS</u> Carrot Coins, 1/4c Diced Cantaloupe, 3/8c VEG: Refried Beans, 1/2c w/ Shred Cheese, 1/2oz on side	Thursday, August 15, 2024 WG Spaghetti w/ Beef & Lentil Marinara, 1/2c Shredded Mozzarella, 1/2oz 100% Whole Wheat Bread, 1/2sl Baby Spinach, 1/2c Ranch Banana, 1/2ea <u>TODS & TWOS</u> Sweet Tender Peas, 1/4c VEG: WG Spaghetti Marinara, 1/2c w/ Shred Mozzarella, 1/2oz	Friday, August 16, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4ea <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8c VEG: Morningstar Veggie Nuggets, 5ea
Monday, August 19, 2024 Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c VEG: Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz	Tuesday, August 20, 2024 NAE WG Chicken Nuggets, 3ea Macaroni & Cheese, 1/2c Ketchup Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2ea <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Macaroni & Cheese, 1/2c Morningstar Veggie Nuggets, 3ea	Wednesday, August 21, 2024 Beef Nacho Fiesta, 1/4c Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Peas in Juice, 3/8c <u>TODS & TWOS</u> Wheat Dinner Roll, 1ea Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta, 1/4c	Thursday, August 22, 2024 Italian Beef Meatball Sub, 1/2ea **Italian Beef Meatballs, 3ea; Sub Roll, 1/2ea** Shredded Mozzarella Cheese, 1/2oz (1Tbsp) Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c <u>TODS & TWOS</u> Applesauce, 3/8c VEG: Italian Veggie Meatballs, 2ea Sub, 1/2ea	Friday, August 23, 2024 Corn Dog Nuggets, 5ea Ketchup Tossed Salad w/Mixed Greens, 1/2c Ranch Watermelon, 1sl <u>TODS & TWOS</u> Carrot Coins, 1/4c Diced Watermelon, 3/8c VEG: Morningstar Veggie Nuggets, 5ea
Monday, August 26, 2024 Teriyaki Diced Chicken, 1/3c Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Mixed Peaches & Pears in Juice, 3/8c <u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta, 1/4c	Tuesday, August 27, 2024 Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Steamed Green Beans, 1/4c Applesauce, 3/8c VEG: Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz on side	Wednesday, August 28, 2024 Pizza Day! Cheese Pizza, 1sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Cheese Pizza, 1sl	Thursday, August 29, 2024 WG Buttermilk Pancake, 1ea w/ Chicken Sausage, 1ea Syrup Fresh Baby Carrots, 1/4c Ranch Cantaloupe, 1sl <u>TODS & TWOS</u> Carrot Coins, 1/4c Diced Cantaloupe, 3/8c VEG: Morningstar Veggie Sausage, 1ea	Friday, August 30, 2024 Meatless Baked Ziti, 1/2c **WG Pasta, Marinara, 3 Cheese, Soy, 1/2c** Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Wheat Dinner Roll, 1ea Pears in Juice, 3/8c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c

Portions meet CACFP requirements:
 3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2 oz meat/meat alternative, 1/4 c vegetable, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fruit)
 6-12 years - 8oz milk required w/each meal, Portions 2oz meat/meat alternative, 1/2 c vegetable and 1/4 c fruit (we serve 1/2c veg, 1/2 c fruit)

GF = Gluten Free may contain egg & or milk
 WG = Whole Grain

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