



The Children's House

August 2017

Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
am snack	7	8	9	10	11
lunch				apple muffin spaghetti & meatballs, bread stick, apple slices	yogurt & granola homemade chicken & dumplings bananas
pm snack					
am snack	14	15	16	17	18
lunch	blueberry muffin cheese tortellini, mixed veggies, orange slices	banana pb wrap hamburger slider, sweet potatoes, corn	pita chips & hummus bagel cheese pizza, cucumber salad, watermelon	pb crackers chicken chili pasta, bread sticks, broccoli	bagel & cream cheese mac & cheese, glazed carrots, apple slices
pm snack	pancakes	multigrain roll	yogurt & granola	carrot roll-up	pancakes
am snack	21	22	23	24	25
lunch	pancakes chicken bites, pasta marinara, green beans & corn	multigrain & cheese cheese quesadilla, rice & veggies, watermelon	apple muffin cheesy beef mac with carrots, sweet corn	yogurt & granola spaghetti & meatballs, bread stick, apple slices	blueberry muffin homemade chicken & dumplings bananas
pm snack	pita chips & hummus	crackers	pancakes	cinnamon twist	almond butter roll
am snack	28	29	30	31	
lunch	cheese & crackers cheese tortellini, mixed veggies, orange slices	savory muffin hamburger slider, sweet potatoes, corn	pita chips & hummus bagel cheese pizza, cucumber salad, watermelon	zucchini muffin chicken chili pasta, bread sticks, broccoli	
pm snack	pancakes	cinnamon muffin	yogurt & granola	raisin bread	