## **Meal Plan**

August 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
am snack					
lunch	greens and beans				
pm snack	<u> </u>				
am snack			pancakes, grapes watermelon	10 wheat bread, jelly, blueberries	croissant, jam, pineapple
lunch			turkey & cheese wrap cole slaw cucumbers	chicken creamy rice green peas corm	cheese pizza green salad with cucumbers
pm snack			early dismissal	early dismissal	pita, apples, sunflower butter
am snack	14 biscuit, melon, strawberry jam	strawberry yogurt, granola, blueberries	raisin bread oranges, melon	17 breakfast cereal bananas	wheat bread, sf butter peaches
lunch	homemade mac & cheese peas & carrots	spaghetti marinara peas & carrots yeast roll	bean & cheese burrito green salad cucumbers	chickpea quesadilla tomato rice sweet corn	chicken pot-pie pasta mixed veggies yeast roll
pm snack	cheese, carrots,	hummus, celery, saltines	tortilla chips, salsa, sour cream	apples, wafers, honeydew	pineapple, grahams oranges
am snack	21 wheat bread, jelly, blueberries	raisin bread, oranges strawberries	biscuit, pineapple & carrots	croissant, jam, peaches	yogurt, granola, bananas
lunch	cheese pizza green salad with cucumbers	cheesy beef mac with carrots sweet corn	chicken Alfredo green peas & corn yeast roll	egg fried rice lima beans & corn veggie egg roll	turkey yeast roll cole slaw cucumbers
pm snack	ritz, oranges, cheese	watermelon, pita & sunbather	crackers, broccoli, grapes	veggie straws, cucumbers, pears	Chex, mandarins, apples
am snack	biscuit, jam oranges	29 wheat bread, grapes, banana	30 croissant, pineapple, blueberries	31 raisin bread, jam, oranges	
lunch	homemade mac & cheese peas & carrots	creamy chicken rice sweet corn green beans	turkey & cheese wrap potato salad cole slaw	chicken tender roll green salad with cucumbers	
pm snack	grapes, grahams, watermelon	pretzels, hummus, peppers	Chex, broccoli, celery	ritz, apples, cheese	