

CHEF PREPARED NUTRITION PLAN



August
2021

Do you know anyone who is looking for the best early care & education for their children? We'll have tours & enrollment specials for them as well!



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TO YOUR PHONE

- All varieties of dairy are low fat & made from reduced fat/2% milk.
- Our nutrition plan exclusively serves whole wheat and/or whole grain pasta, rice & bread items.
- All servings of vegetables are fresh/frozen daily.
- Children under two are served soft fruit and veggies in place of fresh.
- All eggs are fully cooked before serving
- Vegetarian Alternative Offered

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p>a.m. Chex Cereal Squares Chicken, Spinach and Cheese Enchiladas Refried Pinto Beans Asparagus Apple Sauce p.m. Baked Cheese Itz Crackers</p>	<p>3</p> <p>*National Watermelon Day* a.m. Low Fat Yogurt Grilled Chicken & Cheese Pita Sandwich Cauliflower *Fresh Watermelon p.m. Rice Cakes</p>	<p>4</p> <p>a.m. Bananas Turkey & Cheese Toasted Sandwiches On Wheat Bread *Tomato & Cheese Salad w/ Low Fat Italian Mixed Fruit p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>5</p> <p>a.m. Cinnamon Toast Chicken Veggie Salad Wraps Zucchini & Squash Mandarin Oranges p.m. *Apples & Cheese Slices</p>	<p>6</p> <p>a.m. Warm Cinnamon *Apples Three Bean soup Toasted Pita Bread Peas & Carrots Peaches p.m. English Muffins W/ Sun butter & Bananas Slices</p>	
<p>9</p> <p>a.m. Whole Grain Waffles Cod fish filet W/ Spanish Rice Snap Peas Pears p.m. Pretzels & Sun Butter</p>	<p>10</p> <p>a.m. Cinnamon Biscuits Beef and Fresh *Tomato Bake Pinto Beans Coleslaw Pineapple p.m. Baked Cheese Itz Crackers</p>	<p>11</p> <p>a.m. Fruit and Yogurt Parfait Chicken Noodle Soup Toasted Pita Bread Corn & *Fresh Tomato Mandarin Oranges p.m. *Fresh Melon</p>	<p>12</p> <p>a.m. Wheat Cheese Toast Turkey Tetrazzini Casserole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Ranch Bananas p.m. *Apples & Sun Butter</p>	<p>13</p> <p>a.m. Bananas Whole Wheat Fettuccine Alfredo Garlic Bread Mixed Vegetables *Apple Slices p.m. Pita Bread & Hummus</p>	
<p>16</p> <p>a.m. Whole Grain Pancakes Cheesy Chicken and Spinach Casserole Flour Tortillas Green Beans Peaches p.m. Fruit & Grain Bars</p>	<p>17</p> <p>a.m. Yogurt W/ Blueberries Shepard's Pie Garlic Bread Corn Apple Sauce p.m. Rice Cakes</p>	<p>18</p> <p>a.m. Bananas Beef Stroganoff Wheat Bread *Broccoli Mixed Fruit p.m. *Apple Slices</p>	<p>19</p> <p>a.m. English Muffins & Sun Butter Baked Chicken W/ Stuffing Carrots Mandarin Oranges p.m. Cucumbers/*Carrots & Low Fat Ranch</p>	<p>20</p> <p>a.m. Warm Cinnamon *Apples Tomato Soup Toasted Cheese Sandwich Peas *Fresh Melon p.m. Cheese & *Tomato Quesadilla</p>	
<p>23</p> <p>a.m. Bagels & Cream Cheese Turkey Flat Bread Pizza Asparagus Pineapple p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>24</p> <p>a.m. Sausage Biscuit Whole Wheat Fettuccine Alfredo W/Grilled Chicken Garlic Bread Cauliflower Pears p.m. English Muffin Pizzas</p>	<p>25</p> <p>a.m. Fruit and Yogurt Parfait Ham, Potato & Veggie Bake Wheat Bread Zucchini & Squash Mandarin Oranges p.m. *Fresh Melon</p>	<p>26</p> <p>a.m. Cinnamon Toast Chicken Cacciatore Garlic Bread Peas & Carrots Mixed Fruit p.m. Bananas</p>	<p>27</p> <p>a.m. Whole Grain Fig Bars Spaghetti W/ Marinara Sauce Garlic Bread *Tomato & Cheese Salad w/ Low Fat Italian *Apple Slices p.m. Sun butter & Jam Sandwich Squares</p>	
<p>30</p> <p>a.m. Whole Grain Waffles Tuna Salad Sandwich On Wheat Bread Green Beans Pears p.m. Pretzels & Sun Butter</p>	<p>31</p> <p>a.m. Biscuits & Fruit Jam Soft Tacos Refried Pinto Beans Corn Pineapple p.m. Baked Cheese Itz Crackers</p>	<p>August 3rd is National Watermelon Day!! Share your favorite Watermelon recipe with us on Social Media!</p>			

