



For Kids' Sake

Laugh. Learn. Grow. Play. Share.

3 -5 Year Old Lunch

			<p>August 1</p> <p>Beef Cheese Steak</p> <p>2 oz Chip Beef .5oz Cheddar Cheese ¼ Cup Spinach ½ Cup Mandarin Oranges 1 Each Sandwich Roll</p>	<p>August 2</p> <p>Home-style Chicken Sandwich</p> <p>1.5 oz Chicken ½ oz American Cheese ½ oz Honey Mustard Dressing ½ Cup Cooked Carrots 1 Each Whole Peach 1 Each Sandwich Roll</p>
<p>August 5</p> <p>Cheese Tortellini</p> <p>½ Cup Cheese Tortellini ¼ Cup Fresh Broccoli ½ oz Ranch Dressing ½ Cup Diced Watermelon 1 Slice Wheat Bread</p>	<p>August 6</p> <p>Beef Taco</p> <p>1.5 oz Beef Taco Meat ½ oz Cheddar Cheese ¼ Cup Shredded Lettuce ½ oz Salsa ¼ Cup Mexi Rice 1 Each Whole Banana 1 Each Tortilla Shell</p>	<p>August 7</p> <p>Baked Italian Chicken</p> <p>2 oz Baked Italian Chicken ¼ Cup California Veg Blend ½ Cup Pineapple Tidbits 1 Slice Wheat Bread</p>	<p>August 8</p> <p>Open Faced Turkey Sandwich</p> <p>1.5 oz Roasted Turkey ½ oz Gravy ¼ Cup Peas ½ Cup Sliced Apples 1 Slice Wheat Bread</p>	<p>August 9</p> <p>Egg Salad Sandwich</p> <p>2 oz Egg Salad ¼ Cup Celery Sticks ½ oz Ranch Dressing 1 Each Whole Orange 2 Slices Wheat Bread</p>
<p>August 12</p> <p>Chicken BBQ Sandwich</p> <p>1.5 oz Chicken BBQ ¼ Cup Baked Beans ½ Whole Pear 1 Each Sandwich Roll</p>	<p>August 13</p> <p>Beef Ziti</p> <p>¼ Cup Beef Ziti ½ oz Mozzarella Cheese ½ Cup Penne Pasta ½ Cup Caesar Salad ½ oz Caesar Dressing ½ Whole Peach</p>	<p>August 14</p> <p>Black Beans and Rice</p> <p>½ Cup of Black Beans ½ Cup of Rice ¼ Cup Cooked Corn ¼ Cup Dice Cantaloupe</p>	<p>August 15</p> <p>French Dip</p> <p>2 oz Roast Beef 1/8 Cup Au Jus 1 Each Hoagie Roll ¼ Cup Sliced Cucumbers 1 Each Whole Banana</p>	<p>August 16</p> <p>Turkey Ham and Swiss Sandwich</p> <p>1.5 oz Turkey Ham ½ oz Swiss Cheese ¼ Cup Cooked Carrots ½ Cup Honeydew 2 Slices Wheat Bread</p>
<p>August 19</p> <p>Cheese Omelets'</p> <p>2 oz Eggs with melted ½ oz Cheddar Cheese ½ Cup Applesauce ¼ Cup Home fries 1 Slice Wheat Bread</p>	<p>August 20</p> <p>Baked Hawaiian Chicken</p> <p>2 oz Diced Baked Chicken 1/8 Crushed Pineapple ½ Cup Pasta Salad ¼ Cup Cooked Green Beans ½ Cup Diced Watermelon</p>	<p>August 21</p> <p>Picnic Day</p>	<p>August 22</p> <p>Loaded Baked Potato</p> <p>½ Each Baked Potato .5oz Cheddar Cheese ½ Cup Beef Chili 1 Each Butter Packet 1 Each Whole Orange 1 Each Dinner Roll</p>	<p>August 23</p> <p>Turkey Sandwich</p> <p>2 oz Turkey .5oz American Cheese ¼ Cup Cooked Carrots 1 Each Whole Apple 1 Each Sandwich Roll</p>
<p>August 26</p> <p>Open Face Roast Beef Sandwich</p> <p>1.5 oz Roast Beef w/ Gravy ½ Cup of Potato Salad ½ Cup Pineapple Tidbits 1 Each Wheat Bread</p>	<p>August 27</p> <p>Macaroni and Cheese</p> <p>1 Cup Macaroni with 2oz Cheese Sauce ¼ Cup Green Beans ½ Whole Peach 1 Each Bread Stick</p>	<p>August 28</p> <p>Chicken Parmesan Sandwich</p> <p>2oz Breaded Chicken .5oz Marinara Sauce .5oz Mozzarella Cheese ¼ Cup Fresh Broccoli ½ Cup Diced Cantaloupe 1 Each Sandwich Roll</p>	<p>August 29</p> <p>Baked Turkey Ham</p> <p>1.5 oz Sliced Turkey Ham ½ Cup Rice Pilaf ¼ Cup Cooked Carrots ½ Whole Pear</p>	<p>August 30</p> <p>Closed</p>

All meals served with 6oz 1% Milk

Approved by Barbara Myers RD, LD/N