



# August 2019 BREAKFAST AND LUNCH MENU

Early Learning Centers 1 & 2

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <p>Yogurt w/ Granola <b>5</b></p> <hr/> <p><b>Cheese Stuffed Breadsticks</b><br/>Seasoned Green Beans<br/>Sliced Peaches</p> <p style="text-align: right;"><b>6</b></p> | <p>Mini Pancakes <b>6</b></p> <hr/> <p><b>Soft Tacos</b><br/>Pinto Beans<br/>Fresh Apple Slices</p> <p style="text-align: right;"><b>7</b></p>             | <p>Sausage &amp; Cheese English Muffin <b>7</b></p> <hr/> <p><b>Pizza Rolls</b><br/>Whole Kernel Corn<br/>Fresh Mixed Fruit</p> <p style="text-align: right;"><b>8</b></p>           | <p>Chicken Biscuit <b>8</b></p> <hr/> <p><b>Turkey Hot Dog</b><br/>Mixed Vegetables<br/>Fresh Pineapple Chunks</p> <p style="text-align: right;"><b>9</b></p>                                | <p>Sausage &amp; Cheese Kolache <b>9</b></p> <hr/> <p><b>Lunch from Home</b></p> <p style="text-align: right;"><b>10</b></p>  |
| <p>Cereal <b>12</b></p> <hr/> <p><b>Cheeseburger</b><br/>Black Beans<br/>Sliced Peaches</p> <p style="text-align: right;"><b>11</b></p>                                 | <p>French Toast <b>13</b></p> <hr/> <p><b>Fish Sticks</b><br/>Whole Kernel Corn<br/>Mandarin Oranges</p> <p style="text-align: right;"><b>12</b></p>       | <p>Sausage &amp; Cheese Biscuit <b>14</b></p> <hr/> <p><b>Macaroni &amp; Cheese</b><br/>Seasoned Green Beans<br/>Fresh Grapes</p> <p style="text-align: right;"><b>13</b></p>        | <p>Ham &amp; Cheese Croissant <b>15</b></p> <hr/> <p><b>Orange Chicken &amp; Lo Mein</b><br/>Mixed Vegetables<br/>Fresh Mixed Fruit</p> <p style="text-align: right;"><b>14</b></p>          | <p>Sausage &amp; Cheese Kolache <b>16</b></p> <hr/> <p><b>Lunch from Home</b></p> <p style="text-align: right;"><b>15</b></p> |
| <p>Yogurt w/ Granola <b>19</b></p> <hr/> <p><b>Cheese Enchiladas</b><br/>Seasoned Pinto Beans<br/>Sliced Peaches</p> <p style="text-align: right;"><b>16</b></p>        | <p>Mini Pancakes <b>20</b></p> <hr/> <p><b>Chicken Chunks</b><br/>Whole Kernel Corn<br/>Fresh Apple Slices</p> <p style="text-align: right;"><b>17</b></p> | <p>Sausage &amp; Cheese Biscuit <b>21</b></p> <hr/> <p><b>Grilled Cheese Croissant</b><br/>Seasoned Green Beans<br/>Mandarin Oranges</p> <p style="text-align: right;"><b>18</b></p> | <p>Chicken Biscuit <b>22</b></p> <hr/> <p><b>Chicken Teriyaki &amp; Stir Fried Rice</b><br/>Steamed Broccoli<br/>Green &amp; Red Grapes</p> <p style="text-align: right;"><b>19</b></p>      | <p>Chicken Biscuit <b>23</b></p> <hr/> <p><b>Lunch from Home</b></p> <p style="text-align: right;"><b>20</b></p>              |
| <p>Cereal <b>26</b></p> <hr/> <p><b>Cheeseburger</b><br/>Seasoned Pinto Beans<br/>Sliced Peaches</p> <p style="text-align: right;"><b>1</b></p>                         | <p>French Toast <b>27</b></p> <hr/> <p><b>Fish Sticks</b><br/>Whole Kernel Corn<br/>Orange Smiles</p> <p style="text-align: right;"><b>2</b></p>           | <p>Sausage &amp; Cheese Biscuit <b>28</b></p> <hr/> <p><b>Soft Tacos</b><br/>Seasoned Black Beans<br/>Fresh Berries</p> <p style="text-align: right;"><b>3</b></p>                   | <p>Ham &amp; Cheese Croissant <b>29</b></p> <hr/> <p><b>Spaghetti &amp; Meatballs</b><br/>Steamed Broccoli<br/>Fresh Pineapple<br/>Wheat Roll</p> <p style="text-align: right;"><b>4</b></p> | <p>Sausage &amp; Cheese Kolache <b>30</b></p> <hr/> <p><b>Lunch from Home</b></p> <p style="text-align: right;"><b>5</b></p>  |

**Breakfast includes:**

- Hot Entree
- Fruit (juice on Mondays)
- Cold Milk

**Lunch includes:**

- Hot Entree
- Vegetable
- Fruit
- Cold Milk



**Watermelon**

Watermelon is made up of mostly water.

The red color in watermelon comes from lycopene, which is also present in tomatoes.

Watermelon is a cool and healthy treat on a hot summer day.

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