

League of Extraordinary Children
AUGUST 2022
 Breakfast Menu

KEY:
 ** 12 months to 23 months
 receive whole milk



Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	2 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	3 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	4 Cheerios Orange Slices 1% Unflavored Fat Free Milk	5 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk
8 Whole Grain English Muffin Cream Cheese/Butter Pineapples 1% Unflavored Fat Free Milk	9 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	10 Cheerios Apples 1% Unflavored Fat Free Milk	11 Whole Grain Waffle Strawberries 1% Unflavored Fat Free Milk	12 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk
15 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk	16 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	17 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	18 Corn Flakes Strawberries 1% Unflavored Fat Free Milk	19 Whole Grain Waffle Peaches 1% Unflavored Fat Free Milk
22 Rice Krispies Cereal Bananas 1% Unflavored Fat Free Milk	23 Multi-grain Cheerios Strawberries 1% Unflavored Fat Free Milk	24 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	25 Whole Grain Waffle Strawberries 1% Unflavored Fat Free Milk	26 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk
29 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	30 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	31 Cheerios Apples 1% Unflavored Fat Free Milk		

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AUGUST 2022
 Lunch Menu



**** KEY:**
 Mixed Vegetables: Carrots,
 Green Peas, and Corn

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Mac & Cheese (real cheese) Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	2 Whole Grain Brown Rice Split Pea Cucumber Banana 1% Unflavored Fat Free Milk	3 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	4 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	5 Mini Pizza Bagels Mozzarella String Cheese Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
8 Ground Beef Mashed Potatoes ** Mixed Vegetables Orange Slices 1% Unflavored Fat Free Milk	9 Grilled Chicken Strips Whole Wheat Pasta Cucumber Banana 1% Unflavored Fat Free Milk	10 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	11 Lentil Soup White Rice Green Peas Pineapple 1% Unflavored Fat Free Milk	12 Baked Chicken Nuggets Baked Shoe-String Potato Fry Whole Grain Bread Roll Carrots Peach Slices 1% Unflavored Fat Free Milk
15 Black Beans White Rice Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	16 Hot Dog Hot Dog Bun Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	17 Mac & Cheese (real cheese) Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	18 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	19 Mini Pizza Bagels Mozzarella String Cheese Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
22 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	23 Lentil Soup White Rice Green Peas Pineapple 1% Unflavored Fat Free Milk	24 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	25 Black Beans White Rice Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	26 Baked Chicken Nuggets Baked Shoe-String Potato Fry Whole Grain Bread Roll Carrots Peach Slices 1% Unflavored Fat Free Milk
29 Cheese Ravioli with Sauce Broccoli Peach Slices 1% Unflavored Fat Free Milk	30 Whole Grain Brown Rice Split Pea Cucumber Banana 1% Unflavored Fat Free Milk	31 Grilled Chicken Strips Whole Wheat Pasta Cucumber Banana 1% Unflavored Fat Free Milk		

League of Extraordinary Children
AUGUST 2022
P.M. Snack Menu

KEY:
** 12 months to 23 months
receive whole milk



Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Rice Krispie Bananas 1% Unflavored Fat Free Milk	2 Applesauce Bananas 1% Unflavored Fat Free Milk	3 Granola Bar: Chocolate Chip Strawberries 1% Unflavored Fat Free Milk	4 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk	5 Whole Grain Tortilla Chips Cheese Peaches 1% Unflavored Fat Free Milk
8 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk	9 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	10 Whole Grain Cheez-it Pears 1% Unflavored Fat Free Milk	11 Applesauce Bananas 1% Unflavored Fat Free Milk	12 Whole Grain Rice Krispie Bananas 1% Unflavored Fat Free Milk
15 Vanilla Greek Yogurt Granola Strawberries 1% Unflavored Fat Free Milk	16 Baked Potato Chips Apples 1% Unflavored Fat Free Milk	17 Chocolate Chip Sugar Free Cookies Strawberries 1% Unflavored Fat Free Milk	18 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	19 Pretzels Raisins Peaches 1% Unflavored Fat Free Milk
22 Animal Crackers Peaches 1% Unflavored Fat Free Milk	23 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	24 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk	25 Applesauce Bananas 1% Unflavored Fat Free Milk	26 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk
29 Baked Potato Chips Apples 1% Unflavored Fat Free Milk	30 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk	31 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk		