

July 16-20, 2018



# Skip-a-Long

CHILD DEVELOPMENT SERVICES

|           | BREAKFAST  | LUNCH  | SNACK   |
|-----------|--|--|---|
| MONDAY    | Kix Cereal<br>Mandarin oranges<br>Milk<br>1 cottage cheese                                   | Sweet & sour chicken<br>WG Rice<br>Peas & carrots<br>applesauce<br>Milk  | WG wheat thins (veg)<br>100% juice<br>1 pears                     |
| TUESDAY   | WG Pancake & sausage bites/<br>syrup<br>pineapple<br>Milk<br>1/T/2s cooks choice<br>1 yogurt | Meat balls<br>Bread & butter<br>Green beans<br>Orange slices<br>Milk<br>1 mandarin oranges                                   | Chex mix<br>100% juice<br>1 cereal, peaches                       |
| WEDNESDAY | WG French toast sticks/syrup<br>peaches<br>Milk<br>1 Diced turkey                            | Grilled chicken patty/bun<br>Mashed potatoes<br>pears<br>milk  | crackers<br>Cheese cubes<br>water<br>1/T cheese slice, 1 mandarin |
| THURSDAY  | Toast/cinnamon<br>Banana<br>Milk<br>Hardboiled egg   | Taco salad (meat, cheese, lettuce,<br>chips)/dressing<br>Refried beans<br>grapes<br>Milk<br>1/T2s mandarin oranges, crackers | WG banana muffin<br>100% juice<br>1 pears                         |
| FRIDAY    | WG waffle sticks/syrup<br>strawberries<br>Milk<br>1/T applesauce 1 yogurt                    | Turkey/cheese sandwich<br>Celery sticks<br>Apple<br>Milk<br>1/T peaches, 1/T, 2s diced carrots                               | WG cheez-it<br>100% juice<br>1 mandarin oranges                   |

July 23-27 2018



# Skip-a-Long

CHILD DEVELOPMENT SERVICES

|           | BREAKFAST   | LUNCH   | SNACK   |
|-----------|---|---|---|
| MONDAY    | Corn ches<br>Pears<br>Milk<br>I cottage cheese            | Cheeseburger/bun<br>baked beans<br>Pineapple<br>Milk  | WG apple cinnamon muffin<br>100% juice<br>I peaches             |
| TUESDAY   | WG Waffles/syrup<br>apricots<br>Milk<br>I sausage patty   | WG Chicken nuggets<br>Bread & butter<br>French fries<br>Orange slices<br>Milk<br>I mandarin oranges | String cheese<br>pretzels<br>Water<br>I pineapple, ritz cracker |
| WEDNESDAY | WG pancakes/syrup<br>applesauce<br>Milk<br>I diced turkey | Egg & cheese English muffin<br>Smiley potatoes<br>peaches<br>Milk                                   | WG strawberry Chex<br>100% juice<br>I mandarin oranges          |
| THURSDAY  | WG croissant<br>banana<br>Milk<br>I egg patty             | Chicken alfredo/noodles<br>Mixed vegetables<br>grapes<br>Milk<br>I/T green beans, 2s pears          | Yogurt<br>WG cheerios<br>water<br>I peaches                     |
| FRIDAY    | Hard boiled egg<br>Mandarin oranges<br>Milk               | Jamwiches ( PB&J)<br>Sliced cucumber<br>Apple<br>Milk<br>I/T/2s lunchmeat, pears                    | WG Cheez its<br>100% juice<br>I pears                           |

July 30-Aug 3, 2018



# Skip-a-Long

CHILD DEVELOPMENT SERVICES

|           | BREAKFAST   | LUNCH   | SNACK   |
|-----------|---|---|---|
| MONDAY    | WG total<br>Peaches<br>Milk<br>1 cottage cheese                               | Beef & bean burrito<br>corn<br>Mandarin oranges<br>Corn chips<br>Milk<br>1/T green beans, cracker             | WG Goldfish crackers<br>100% juice<br>1 pears   |
| TUESDAY   | WG Biscuits/gravy<br>apricots<br>Milk   | WG Chicken nuggets<br>Bread & butter<br>peas<br>pears<br>Milk   | WG wheat thins<br>100% juice<br>1 peaches   |
| WEDNESDAY | WG French toast sticks/syrup<br>Mandarin oranges<br>Milk<br>1 hard boiled egg | Cheese tortellini/sauce<br>Mozarella cheese<br>Spinach/dressing<br>Fruit cocktail<br>Milk<br>1/T butter beans | WG tortilla shell/p butter<br>100% juice<br>1 apricots<br>1/T WG tortilla/jelly         |
| THURSDAY  | WG BB Muffin<br>Banana<br>Milk<br>1 egg patty                                 | Pulled pork/bun<br>Potato wedges<br>Pineapple<br>Milk   | Cottage cheese<br>pears<br>water  |
| FRIDAY    | Bagel/ cream cheese<br>peaches<br>Milk<br>1 yogurt                            | Ham & cheese sandwich<br>Carrot sticks<br>Apple<br>Milk<br>1/T pears, diced carrots                           | WG tortilla chips. salsa<br>100% juice<br>1 /T WG Str yogurt chex<br>1 mandarin oranges |

Aug 6-Aug10, 2018



# Skip-a-Long

CHILD DEVELOPMENT SERVICES

|           | BREAKFAST   | LUNCH  | SNACK  |
|-----------|---|--|--|
| MONDAY    | WG wheaties<br>Mandarin oranges<br>Milk<br>1 cottage Cheese | WG Chicken/cheese crispito<br>Mixed vegetables<br>pears<br>Milk<br>I/T diced carrots                         | WG apple cinnamon muffin<br>100% juice<br>1 peaches  |
| TUESDAY   | WG Breakfast pizza boat<br>peaches<br>Milk                  | ravioli<br>Shubert roll<br>Green beans<br>pineapple<br>Milk  | Ritz cracker<br>100% juice<br>1 mandarin oranges     |
| WEDNESDAY | Sausage patty<br>Toast/jelly<br>pears<br>Milk               | Pork fritter/bun<br>Broccoli/ranch<br>Fruit cocktail<br>Milk<br>I/T/2s peas                                  | WG tortilla, turkey, cheese<br>Water<br>1 pineapple  |
| THURSDAY  | WG waffle/syrup<br>Banana<br>Milk<br>1 hardboiled egg       | Chef salad / turkey, ham, eggs,<br>cheese, lettuce ,cucumber<br>crackers<br>grapes<br>Milk<br>I/T 2s peaches | WG cheddar chex mix<br>100% juice<br>1 pears         |
| FRIDAY    | WG BB Bagel/ cream cheese<br>apricot<br>Milk<br>1 egg patty | Hotdog/buns<br>Peas, apple<br>Milk<br>I/T applesauce, grilled cheese   | Yogurt<br>WG Cheerios<br>Water<br>1 mandarin oranges |

D-Dairy V-Vegetarian E-Eggs N-Nuts  
F-Fresh P-Pork 2-Children under 2

Meat Substitution: Turkey