



August

Meals are subject to change. An alternate snack is served when selected snack is inappropriate for children under age three. EmBe's childcare centers strive to be peanut free. 100% Fruit Juice and/or water is served with snacks. Water is available in classrooms and with all meals. Whole grain items are identified as WG.

Mon	Tue	Wed	Thu	Fri
2 WG Muffin Juice Milk Hamburger WG Dinner Roll Baked Beans Fruit Milk Chips, String Cheese & Water	3 Breakfast Stick Juice Milk Cubed Ham WG Dinner Roll Tri Tator Fruit Milk Wheat Thins, Fruit & Water	4 WG Cold Cereal Juice Milk Beef Nachos WG Chips Lettuce, Cheese Fruit Milk Bug Bites, Yogurt & Water	5 Breakfast Pizza Juice Milk Meatballs WG Dinner Roll Fresh Carrots Fruit Milk Staff Choice, Fruit & Water	6 WG Toast Juice Milk Chicken Patty WG Bun Corn Fruit Milk Chex Mix, Carrots & Water
9 WG Muffin Juice Milk Ribs WG Dinner Roll Corn Fruit Milk Saltines, String Cheese & Water	10 Breakfast Stick Juice Milk Hot Dog on a WG Bun Fresh Carrots Fruit Milk Cheese Its Fruit & Water	11 WG Cold Cereal Juice Milk Ham Subs on WG Bun Lettuce & Cheese Fruit Milk Pretzels, Yogurt & Water	12 Breakfast Pizza Juice Milk WG Chicken Nuggets Corn Fruit Milk Staff Choice, Fruit & Water	13 WG Toast Juice Milk Pizza Stick Carrots Applesauce Milk Goldfish, Carrots & Water
16 WG Muffin Juice Milk Cook's Choice WG Dinner Roll Green Beans Fruit Milk Chips, String Cheese & Water	17 Breakfast Stick Juice Milk Corndog Baked Beans Fruit Milk Pretzels, Fruit & Water	18 WG Cold Cereal Juice Milk Meat & Cheese Nachos Lettuce & Cheese Fruit Milk Cereal, Yogurt & Water	19 Breakfast Pizza Juice Milk Pigs N Blanket Pickles Fruit Milk Staff Choice, Fruit & Water	20 WG Toast Juice Milk Chicken Nuggets Green Beans Fruit Milk Wheat Thins, Carrots & Water
23 WG Muffin Juice Milk Pizza Green Beans Fruit Milk Saltines, String Cheese & Water	24 Breakfast Stick Juice Milk Beef Taco WG Tortilla Lettuce/Cheese Fruit Milk Cheese Its, Fruit & Water	25 WG Cold Cereal Juice Milk Cook's Choice WG Dinner Roll Carrots Fruit Milk Bug Bites, Yogurt & Water	26 Breakfast Pizza Juice Milk Beef Fritters Mixed Veggies Green Beans Milk Staff Choice, Fruit & Water	27 WG Toast Juice Milk Meatballs WG Dinner Roll Lettuce Fruit Milk Pretzels, Carrots & Water
30 WG Muffin Juice Milk Beef Taco Burger on a WG Bun Lettuce & Cheese Fruit Milk Chips, String Cheese & Water	31 Breakfast Stick Juice Milk Hotdogs WG Bun Corn Fruit Milk Chex Mix, Fruit & Water			