



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
1 Cold Cereal Juice Milk Hotdogs WG Bun Peas Applesauce Milk WG Goldfish, Fresh Apple	2 Biscuits Juice Milk Baked Chicken WG Bun Green Beans Peas Milk Wheat Thins & Milk	3 English Muffin Juice Milk Chicken Nachos Lettuce, Cheese & Tortilla Pineapple Milk WG Elf Grahams, Yogurt	4 WG Blueberry Muffin Juice Milk Meatballs WG Dinner Roll Fresh Carrots Peaches Milk WG Cheese its, Peas	5 Cold Cereal Juice Milk WG Breaded Chicken WG Bun Corn Mandarin Oranges Milk Chex Mix & Milk
8 Cold Cereal Juice Milk Pizza Burgers WG Bun Mixed Veggies Peaches Milk Wheat Thins, Peas	9 Banana Bread Juice Milk Corndogs Fresh Carrots Mandarin Oranges Milk WG Bug Bites, String Cheese	10 WG Muffin Juice Milk Meatball Subs WG Bun Lettuce & Cheese Peas Milk Pretzels & Milk	11 English Muffin Juice Milk WG Chicken Nuggets WG Dinner Roll Corn Pineapple Milk WG Goldfish, Peas	12 Cold Cereal Juice Milk Pizza Stick Green Beans Applesauce Milk Yogurt, Animal Crackers
15 Cold Cereal Juice Milk Baked Chicken WG Bun Fresh Carrots Pineapple Milk WG Goldfish Pretzels, Peas	16 WG Muffin Juice Milk Sloppy Joes on a WG Bun Green Beans Applesauce Milk Chex Mix & Milk	17 English Muffin Juice Milk Meat & Cheese Nachos Lettuce & Cheese Peas Milk WG Elf Grahams, Yogurt	18 Biscuits Juice Milk Hamburger on a WG Bun Pickles Peaches Milk WG Cheez-Its, Fresh Apple	19 Cold Cereal Juice Milk WG Breaded Chicken WG Bun Corn Mandarin Oranges Milk Wheat Thins & Milk
22 Cold Cereal Juice Milk Baked Chicken WG Dinner Roll Green Beans Pineapple Milk Goldfish & Milk	23 Biscuit Juice Milk Beef Taco WG Tortilla Lettuce/Cheese Peaches Milk Chex Mix & Milk	24 Banana Bread Juice Milk WG Breaded Chicken WG Bun Carrots Applesauce Milk Wheat Thins, Fresh Banana	25 WG Chocolate Muffin Juice Milk Spaghetti Hotdish WG Dinner Roll Mixed Veggies Mandarin Oranges Milk Animal Crackers, Grapes	26 Cold Cereal Juice Milk Pizza Peas Peas Milk WG Cheez-Its, String Cheese
29 Cold Cereal Juice Milk Beef Taco Burger on a WG Bun Lettuce & Cheese Mandarin Oranges Milk Animal Crackers, Fresh Apple	30 WG Muffin Juice Milk Chicken and Rice WG Dinner Roll Peas Applesauce Milk WG Elf Grahams & Yogurt	31		