



August 19th – August 23rd

<i>Week 3</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Applesauce & Toast Apple Juice	Blueberry Muffins Milk	Pancakes Milk	Cereal & Toast Milk	Sausage Biscuit Apple Juice
Age Appropriate Substitute					
<i>Lunch</i>	Goulash Mash Potatoes Peas Pineapples Bread / Milk	French Toast Corn Sausage Mandarin Oranges Milk	Taco Bake Green Beans Peaches Milk / Bread	Macaroni Casserole w/ Ground Beef Seasoned Black Beans Strawberries Milk	Meatloaf Mashed Potatoes Spinach Fruit Cocktail Milk/Bread
Age Appropriate Substitute					
<i>PM Snack</i>	Turkey Sandwiches Milk	Grilled Cheese Apple Juice	Apple Cobbler Milk	Fruity Applesauce Apple Juice	Cantaloupe Milk
Age Appropriate Substitute					

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. All juice served is 100% full-strength fruit juice. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.

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Centers may substitute food items as necessary.