



ECE August 2016 Menu

| Mon | Tue | Wed | Thu | Fri |
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| 1 Snack: Whole Grain Zack Apple Bar, Milk Water Lunch: Turkey Dog on W.G. Bun, Green Beans Fresh Fruit, Milk Snack: Graham Crackers, Milk, Water | 2 Snack: Yogurt Fresh Fruit, Water Lunch: Hot W.G. Cheddar Sandwich Steamed Carrots Fresh Fruit, Milk Snack: Banana Bread Milk, Water | 3 Snack: Whole Grain Toasty O's Cereal, Milk Water Lunch: Chicken & Monterey Jack Cheese on W.W. Bread, Salad & Ranch Fresh Fruit, Milk Snack: Carrots w/ Ranch Waverly Gold Crackers Water | 4 Snack: Whole Grain Oatmeal, Milk, Water Lunch: Breakfast Burrito, Baked Tots Fresh Fruit, Milk Snack: Fresh Fruit Cheddar Cheese Water | 5 Snack: Mini Bagel Cream Cheese, Milk, Water Lunch: Turkey Gravy over Rice, Corn, Fresh Fruit, Milk Snack: Bean Dip Tortilla Chips, Water |
| 8 Snack: Whole Grain Toasty O's Cereal, Milk Water Lunch: Cheese Lasagna, w/Marinara Sauce, Corn Fresh Fruit Milk Snack: Gold Fish, Milk Water | 9 Snack: Mini Bagel Cream Cheese, Water Lunch: Chicken Strip Steamed Rice, Sweet Potato Puffs, Fresh Fruit Milk Snack: Fresh Fruit String Cheese, Water | 10 Snack: Yogurt, Rice Cake Water Lunch: Turkey & Cheese on W.W. Bread Salad & Ranch, Fresh Fruit Milk Snack: Carrots w/ Ranch Animal Crackers, Water | 11 Snack: Whole Grain Oatmeal, Milk Water Lunch: Pancake, Syrup Turkey Sausage Patty Baked Hash Browns Fresh Fruit Milk Snack: Apple, Soynut Butter, Water | 12 Snack: H. B. Egg WG Blueberry Muffin Water Lunch: Bean & Cheese Burrito, Steamed Carrots Fresh Fruit Milk Snack: W.G. Vanilla Crisp Milk, Water |
| 15 Snack: Whole Grain Oatmeal, Milk, Water Lunch: Sweet & Sour Chicken over Rice Broccoli, Fresh Fruit Milk Snack: Cottage Cheese Club Cracker, Water | 16 Snack: Whole Grain Zack Berry Bar, Milk Water Lunch: Burger Slider Steamed Carrots Fresh Fruit, Milk Snack: Monterey Jack Cheese, Fresh Fruit Water | 17 Snack: Rice Chex Cereal Milk, Water Lunch: Egg Salad on W.G. Roll, Salad & Ranch Fresh Fruit, Milk Snack: Apple Sauce, Low Sodium WW Saltines Water | 18 Snack: Yogurt Fresh Fruit, Water Lunch: French Toast Sticks, Syrup, Turkey Sausage Patty, Baked Hash Browns, Fresh Fruit, Milk Snack: Carrots w/ Ranch, Rice Cake Water | 19 Snack: H. B. Egg WG. Apple Cinnamon Muffin, Water Lunch: Cheese Pizza Green Beans, Fresh Fruit Milk Snack: W.G. Chocolate Chip Cookie, Milk, Water |
| 22 ECE CLOSED | 23 ECE CLOSED | 24 ECE CLOSED | 25 ECE CLOSED | 26 ECE CLOSED |
| 29 Snack: Whole Grain Zack Apple Bar, Milk Water Lunch: Turkey Dog on W.G. Bun, Green Beans Fresh Fruit, Milk Snack: Graham Crackers, Milk, Water | 30 Snack: Yogurt Fresh Fruit, Water Lunch: Hot W.G. Cheddar Sandwich Steamed Carrots Fresh Fruit, Milk Snack: Banana Bread Milk, Water | 31 Snack: Whole Grain Toasty O's Cereal, Milk Water Lunch: W.G. Sunflower & Jelly Sandwich, Salad & Ranch Fresh Fruit Milk Snack: Carrots w/ Ranch Waverly Gold Crackers Water | | |