

Co-op Family Center

August 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8/5</p> <p>Breakfast: Cornflakes, bananas and milk Lunch: Mac and cheese, cauliflower, grapes, milk Snack: Bean dip, triscuits and water</p>	<p>8/6</p> <p>Breakfast: French toast, mixed berries, milk Lunch: Lentil soup, oyster crackers, shredded cheese, cantaloupe, milk Snack: Apples, peanut butter and milk</p>	<p>8/7</p> <p>Breakfast: Oatmeal, blueberries and milk Lunch: Chimichangas, sweet potatoes, watermelon, milk. Snack: Morning glory muffins, milk</p>	<p>8/8</p> <p>Breakfast: Egg and cheese muffin bites, oranges and milk Lunch: Curried vegetable rice, tofu bites, pineapple, milk Snack: Carrots, celery, broccoli and milk</p>	<p>8/9</p> <p>Breakfast: Banana pancakes, applesauce, and milk Lunch: Quick bake potatoes, cornbread, cheese sticks, pears, milk Snack: Strawberries, yogurt dip, milk</p>
<p>8/12</p> <p>Breakfast: Kix cereal, bananas, milk Lunch: Pan fried noodles, tofu bites, snap peas & carrots, pineapple, milk Snack: Cheese ball, wheat thins, milk</p>	<p>8/13</p> <p>Breakfast: Scrambled eggs, hash browns, milk Lunch: One step rice, green beans, watermelon, milk Snack: Baked apples, milk</p>	<p>8/14</p> <p>Breakfast: Applesauce pancakes, blueberries, milk Lunch: Multi bean soup, breadsticks, shredded cheese, grapes, milk Snack: Fruit stacked muffins, water</p>	<p>8/15</p> <p>Breakfast: Cream of wheat, mixed berries milk Lunch: Lasagna, garden salad, cantaloupe, milk Snack: Bran muffins, milk</p>	<p>8/16</p> <p>Breakfast: whole wheat waffles, strawberries, milk Lunch: Santa Fe wraps, potato salad, pears milk. Snack: Peanut butter dip, celery, pretzels, water</p>
<p>8/19</p> <p>Breakfast: Cheerios, bananas, milk Lunch: Spaghetti with shredded cheese, zucchini, honeydew, milk Snack: Hard boiled eggs, pretzels, water</p>	<p>8/20</p> <p>Breakfast: Potato cheese pita, oranges, milk Lunch: PB& J's, cheese sticks, carrot raisin salad, cantaloupe, milk Snack: Breadsticks, marinara sauce, milk</p>	<p>8/21</p> <p>Breakfast: Blueberry pancakes, strawberries, milk Lunch: Enchiladas, corn on the cob, watermelon, milk Snack: Pineapple biscuits, milk</p>	<p>8/22</p> <p>Breakfast: Yogurt, granola, mixed berries, milk Lunch: Fried rice, scrambled eggs, pineapple, milk Snack: Carrots, celery, baby bells, milk</p>	<p>8/23</p> <p>Breakfast: Breakfast burritos, oranges, milk Lunch: Minestrone soup, whole wheat rolls shredded cheese, pears, milk Snack: Zucchini bread, milk</p>
<p>8/26</p> <p>Breakfast: Corn chex cereal, bananas, milk Lunch: Easy bake Manicotti, garden salad, cantaloupe and milk Snack: Beet dip, pita chips, water</p>	<p>8/27</p> <p>Breakfast: Pumpkin pancakes, applesauce, milk Lunch: Tacos with corn tortillas, shredded cheese and salsa, coleslaw, watermelon, milk Snack: Blueberry muffins, milk</p>	<p>8/28</p> <p>Breakfast: Fruit enchiladas, milk Lunch: Chinese pasta salad, tofu bites, pineapple, milk Snack: Trail mix, apple juice</p>	<p>8/29</p> <p>Breakfast: Bagels, cream cheese, strawberries, milk Lunch: Pizza, garden salad, honeydew, milk Snack: Apples, yogurt dip, milk</p>	<p>8/30</p> <p>Breakfast: Hot quinoa cereal, blueberries, milk Lunch: Black bean bake, tortilla roll-ups, summer squash, pears, milk Snack: Roasted potatoes, milk</p>

The Co-op Family Center is an equal opportunity provider.