## August 2023 Menu

Vegetarian options are available for all meals, and all meals come with fresh seasonal fruit or berries

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| August 14 | Cheerios with bananas and milk | Chocolate croissants with fruit | Berry and kale smoothies | Toast points with jam | Yogurt parfait |
|  | French toast with berries | Cheesy egg cup and fruit | Peaches and cream oatmeal | Scrambled eggs with sausage links | Blueberry lemon muffin |
|  | Mac and cheese with broccoli | Brisket sliders with roasted sweet potatoes | Spaghetti with meat sauce and green beans | Deconstructed California roll with fruit cup | Pita pizza with cucumber salad |
|  | Pigs in blanket | Pretzel with warm cheese sauce | Homemade tortilla chips with guacamole | Mini cheese boards | Chocolate chip cookies with banana and milk |
| August 21 | English muffins with jam | Rice Krispies with milk and strawberries | Mango banana smoothie | Raisin toast with banana | Scrambled eggs with berries |
|  | Cheesy grits with turkey bacon | Bagels with cream cheese | Bacon and egg quiche | Hash brown patties | Waffles |
|  | BBQ chicken with warm potato salad | Lasagna with green salad | Cheese and bean taco with Mexican rice | Corn crusted fish with sweet potato mash and broccoli | Chicken nuggets with French fries |
|  | Bruschetta | Apple pie roll ups | Spinach dip with pita | Cheesy bread sticks with marinara | Banana spice muffins |
| August 28 | Mini bagels with strawberry cream cheese | Cinnamon rolls | Melon salad with yogurt dip | Cheerios with berries and milk | Superfood smoothies |
|  | Scrambled eggs | Very berry cream of wheat | Chocolate oatmeal bars | Honey biscuits with sausage patties | Confetti pancakes |
|  | Swedish meatballs with bowtie pasta and peas | Chicken tacos with Mexican corn | Pulled pork sliders with baked beans | Chicken stir fry with Jasmine rice | Hot dogs with tater tots |
|  | Mozzarella sticks with marinara | Hummus with veggies and pita | Spring rolls with dip | Chicken salad with crackers | Carrot cake muffins |

