August 2017 Full Year

Head Start

The week of Aug 1, 2017

Monday **July 31**	**Tuesday** **Aug 1** **Day 3**	**Wednesday** **Aug 2** **Day 4**	**Thursday** **Aug 3** **Day 5**	**Friday** **Aug 4** **Day 6**
	Breakfast Butter Toast ½ Egg 1/2 Mixed Fruit 1/2cup 1% Milk 3/4cup	**Breakfast** Whole Grain Cereal Bar 1 Strawberries 1/2cup 1% Milk 3/4cup	**Breakfast** Rice Krispy's 1/3cup 100% Juice 1/2cup 1% Milk 3/4cup	**Breakfast** Oatmeal 1/4cup Banana 1/2cup 1% Milk 3/4cup
	Lunch Pizza Cn. Label 1 1/2oz. Salad w/ lettuce tomato cucumber 1/2cup Fresh Fruit 1/2cup 1% Milk 3/4cup	**Lunch** Vegetable Beef Soup 1/2cup Grilled Ham & Cheese Sandwich 1 1/2oz meat/cheese Mixed Fruit 1/2cup 1% Milk 3/4cup	**Lunch** Pinto Beans 3/8cup Macaroni & tomatoes 1/2cup Cooked Apples 1/2cup Corn Bread ½ 1% Milk 3/4cup	**Lunch** Cheeseburger 1 oz. meat Cn. Label 1/2oz. cheese on bun w/Lettuce tomato pickle Fries 1/2cup Pears 1/2cup 1% Milk 3/4 cup
	Snack 100% Fruit Smoothie 1/2cup Saltines 4/cheese Water	**Snack** Cheese It Crackers 1/2cup 100% Orange juice 1/2cup Water	**Snack** Ritz Crackers 4 1% Milk 1/2cup Water	**Snack** Goldfish Crackers 1/2cup 100% Fruit Juice 1/2cup Water

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Aug 2017 Full Year

Head Start
The week of Aug 21, 2017

Monday **Aug 21** **Day 7**	**Tuesday** **Aug 22** **Day 8**	**Wednesday** **Aug 23** **Day 9**	**Thursday** **Aug 24** **Day 10**	**Friday** **Aug 25** **Day 11**
Breakfast Pancakes 1 Sausage 1/2 Mixed Fruit 1/2cup 1% Milk 3/4cup	**Breakfast** Cinnamon Toast 1/2 Fresh Pineapples 1/2cup 1% Milk 3/4cup	**Breakfast** Whole Grain Cereal Bar 1 Banana 1/2cup 1% Milk 3/4cup	**Breakfast** French Toast Sticks 2 Applesauce 1/2cup 1% Milk 3/4cup	**Breakfast** Cheerios 1/3cup 100% Orange juice 1/2cup 1% Milk 3/4cup
Lunch Rib Patty CN Label 1 1/2oz. meat on Bun ½ Vegetable Medley 1/2cup Mixed Fruit 1/2cup 1% Milk 3/4cup	**Lunch** Steak Cn. Label 1 1/2oz. W/Gravy Peas & Carrots 1/2cup Roll ½ Fresh Fruit 1/2cup 1% Milk 3/4cup	**Lunch** Chicken Noodle Soup 1/2cup CN Label Chicken 1 1/2oz. Salad w/ lettuce tomato 1/2cup Crackers 4 Strawberries 1/2cup 1% Milk 3/4cup	**Lunch** Hotdog on bun 1/2 bread 1 1/2oz. meat Cole slaw 1/2cup Mandarin Oranges 1/2cup 1% milk 3/4cup	**Lunch** Soft Taco w/ meat 1 1/2oz.-½ bread w/ Lettuce Tomato 1/2cup Fresh Fruit 1/2cup 1% Milk 3/4cup
Snack Yogurt 1/2cup Fresh Fruit 1/2cup Water	**Snack** Bran Muffin 1 1% Milk 1/2cup Water	**Snack** Fig Bar 1 1% Milk 1/2cup Water	**Snack** Peanut Butter Sandwich ½ w/ 1% Milk 1/2cup Water	**Snack** Rice Krispy Treat 1 1% Milk 1/2cup Water

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Aug 2017 Full Year

Head Start
The week of Aug 28, 2017

Monday **Aug 28** **Day 12**	**Tuesday** **Aug 29** **Day 13**	**Wednesday** **Aug 30** **Day 14**	**Thursday** **Aug 31** **Day 15**	**Friday** **Sep** **Day 1**
Breakfast Cheese Toast 1/2 Strawberries 1/2cup 1% Milk 3/4cup	**Breakfast** Blueberry Muffin 1 Fresh Pineapples 1/2cup 1% Milk 3/4cup	**Breakfast** Whole Grain Pop Tart 1 Banana 1/2cup 1% Milk 3/4cup	**Breakfast** Corn Flakes 1/3cup 100% Orange Juice 1/2cup 1% Milk 3/4cup	
Lunch Chicken Tenders 1 1/2oz. Green Beans 1/2cup Mixed Fruit 1/2cup Roll ½ 1% Milk 3/4cup	**Lunch** Spaghetti w/ meat 1 1/2oz. Corn 1/2cup Fresh Fruit 1/2cup Roll1/2 1% Milk 3/4cup	**Lunch** Meatloaf Cn. Label 1 1/2oz. w/sauce Mashed Potatoes 1/2cup Roll ½ Fruit Salad 1/2cup 1% Milk 3/4cup	**Lunch** Fish Sticks Cn. 1 1/2oz. Label Mustard Greens 1/2cup Macaroni & Cheese 1/2cup Fresh Fruit 1/2cup 1% Milk 3/4cup	
Snack Oatmeal Cookie 1 100% Fruit Juice 1/2cup 1/2cup Water	**Snack** Graham Crackers 4 1% Milk 1/2cup Water	**Snack** Ritz Crackers 4 1% Milk 1/2cup Water	**Snack** Chex Mix 1/2cup 1% Milk 1/2cup Water	

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