

Co-op Family Center

August 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
8/4 Breakfast: Kix cereal, bananas, milk Lunch: Tomato pasta soup, cheese stick, carrot stick, honeydew, milk Snack: Smoothies, pretzels, water	8/5 Breakfast: Egg & cheese pita bites, applesauce, milk Lunch: Chimichangas, zucchini, watermelon, milk Snack: Carrots, peppers, tomatoes, dip, milk	8/6 Breakfast: Cream of wheat, blueberries, milk Lunch: One step rice, cauliflower, cantaloupe, milk Snack: Peanut butter banana roll-ups, milk	8/7 Breakfast: Bagels, cream cheese, oranges, milk Lunch: Tempeh sloppy joes, slider buns, sweet potatoes, pineapple, milk Snack: Morning glory muffins, milk	8/8 Breakfast: Banana pancakes, mixed berries, milk Lunch: Spaghetti, shredded cheese, garden salad, grapes, milk Snack: Peaches, cottage cheese, water
8/11 Breakfast: Corn chex, bananas, milk Lunch: Easier than lasagna, broccoli, watermelon, milk Snack: Cheese cubes, grapes, milk	8/12 Breakfast: Waffles, mixed berries, milk Lunch: Cheese & bean quesadilla, sweet potatoes, honeydew, milk Snack: Pumpkin bread, milk	8/13 Breakfast: Blueberry pancakes, applesauce, milk Lunch: Corn chowder cheese stick, rolls, cantaloupe, milk Snack: Black bean hummus, homemade tortilla chips, water	8/14 Breakfast: Oatmeal, blueberries, milk Lunch: Peanut noodles, tofu bites, pineapple, milk Snack: Garden spread, carrots, water	8/15 Breakfast: Egg & cheese sandwich bites, oranges, milk Lunch: Arroz con queso, pinto beans, zucchini, pears, milk Snack: Apples, peanut butter, water
8/18 Breakfast: Life cereal, bananas, milk Lunch: Quick bake potatoes, cottage cheese, rolls, cantaloupe, milk Snack: Bean dip, pita chips, water	8/19 Breakfast: Applesauce pancakes, blueberries, milk Lunch: Lentil soup, shredded cheese, breadstick, honeydew, milk Snack: Cheese ball, wheat thins, milk	8/20 Breakfast: Potato cheese pita, applesauce, milk Lunch: Pan fried noodles, tofu bites, broccoli, pineapple, milk Snack: Celery, raisins, peanut butter, water	8/21 Breakfast: Granola, yogurt, mixed berries, milk Lunch: Grilled cheese sandwich, 3 bean salad, watermelon, milk Snack: Strawberries, kiwi, grapes, dip, milk	8/22 Breakfast: Breakfast burritos, oranges, milk Lunch: Lasagna roll-ups, garden salad, pears, milk Snack: Zucchini bread, milk
8/25 Breakfast: Cheerios, bananas, milk Lunch: Baked ziti, zucchini, cantaloupe, milk Snack: Kale dip, triscuits, water	8/26 Breakfast: Pumpkin pancakes, applesauce, milk Lunch: PB&J's, carrot stick cheese stick, honeydew, milk Snack: Strawberries, yogurt, water	8/27 Breakfast: French toast, blueberries, milk Lunch: Navy bean soup, shredded cheese, oyster crackers, pineapple, milk Snack: Peanut butter dip, pretzels, water	8/28 Breakfast: Scrambled eggs, hash browns, milk Lunch: Mexican rice, black beans, corn, watermelon, milk Snack: Blueberry muffins, milk	8/29 Breakfast: Oat fruit squares, mixed berries, milk Lunch: Chinese vegetable pasta salad, tofu bites, grapes, milk Snack: Trail mix, apple juice

The Co-op Family Center is an equal opportunity employer