

 Co-op Family Center	August 2026 Menu			Notes about this month's menu:
				Three new menu items this month: strawberry squares, power energy bites and peach coconut muffins
Monday	Tuesday	Wednesday	Thursday	Friday
8/3 Breakfast: Corn Chex, bananas, milk Lunch: Baked ziti, green beans, cantaloupe, milk Snack: kale dip, breadsticks, water	8/4 Breakfast: Oatmeal, blueberries, milk Lunch: Tomato pasta soup, carrots, cheese stick, honeydew, milk Snack: Apples, peanut butter water	8/5 Breakfast: Blueberry pancakes, mixed berries, milk Lunch: Pan fried noodles, tofu bites broccoli, pineapple, milk Snack: Black bean hummus, homemade tortilla chips, water	8/6 Breakfast: Strawberry squares applesauce, milk Lunch: Enchiladas, sweet potatoes, watermelon, milk Snack: Cottage cheese, strawberries, water	8/7 Breakfast: Breakfast burritos, oranges, milk Lunch: Arroz con queso, pinto beans cauliflower, pears, milk Snack: Pumpkin bread, milk
8/10 Breakfast: Cheerios, bananas, milk Lunch: Grilled cheese sandwich, roasted potatoes, watermelon, milk Snack: Garden spread, Triscuits water	8/11 Breakfast: Sweet potato pancakes, applesauce, milk Lunch: Spinach lasagna, cauliflower cantaloupe, milk Snack: Peanut butter dip, pretzels, water	8/12 Breakfast: Egg cheese sandwich bites, oranges, milk Lunch: Vegetable fried rice, tofu bites pineapple, milk Snack: Strawberries, kiwi, grapes, dip, milk	8/13 Breakfast: French toast, blueberries milk Lunch: Chimichangas, corn on the cob, pears, milk Snack: Power energy bites, milk	8/14 Breakfast: Oat Fruit squares, mixed berries, milk Lunch: Navy bean soup, cheese, rolls, honeydew, milk Snack: Baby bel cheese, mandarin oranges, water
8/17 Breakfast: Honey bunches of o's, bananas, milk Lunch: Spaghetti, cheese, carrots, honeydew, milk Snack: Yogurt, peaches, water	8/18 Breakfast: Banana pancakes, blueberries, milk Lunch: Black bean bake, cornbread sweet potatoes, cantaloupe, milk Snack: Celery, raisins, peanut butter, water	8/19 Breakfast: Egg cheese pita bites, oranges, milk Lunch: Red lentil dahl, naan bread cheese stick, pineapple, milk Snack: Cheese cubes, grapes water	8/20 Breakfast: Pumpkin waffles, applesauce milk Lunch: Tempeh sloppy joes, buns veggie potato salad, watermelon, milk Snack: Blueberry muffins, milk	8/21 Breakfast: Yogurt, granola mixed berries, milk Lunch: Pizza, garden salad, pears, milk Snack: Trail mix apple juice
8/24 Breakfast: Kix cereal, bananas, milk Lunch: Cheese quesadilla, black bean salad, watermelon, milk Snack: Cheese slices, carrots, milk	8/25 Breakfast: Scrambled eggs, hash browns, milk Lunch: One step rice, broccoli, cantaloupe, milk Snack: Peach coconut muffins, milk	8/26 Breakfast: Applesauce pancakes, mixed berries, milk Lunch: Corn chowder, cheese stick oyster crackers, honeydew, milk Snack: Peanut butter banana roll-ups, milk	8/27 Breakfast: Waffles, blueberries, milk Lunch: Mac & cheese, peas corn & carrots, pears, milk Snack: Smoothies, pretzels, water	8/28 Breakfast: Potato cheese pita oranges, milk Lunch: Peanut noodles, tofu bites pineapple, milk Snack: Pizza bites, milk

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