



# Grab N Go Breakfast MENU

\*Allergen & Dietary Restriction Accommodated \*Menu subject to change based on food availability.

AUGUST

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

|                                                                                                            |                                                                                                              |                                                                                                           |                                                                                                             |                                                                                              |
|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
|                                                                                                            |                                                                                                              | Wheat Toast & Boiled Eggs<br>Assorted Cereal<br>Banana & Mandarins<br>1% Milk or Skim Milk                | Assorted Muffins<br>Cheese Omelets w/ Wheat<br>Toast<br>Sliced Apple & Pears<br>1% Milk or Skim Milk        | Blueberry Parfait<br>Plain Oatmeal<br>Dried Cherry Whole apple<br>1% Milk or Skim Milk       |
| Mini Bagel & Condiments<br>Egg & Cheese English Muffin<br>Banana & Mandarin<br>1% Milk or Skim Milk        | Hummus and Pita Bread<br>Cranberry Muffin<br>Sliced Peaches<br>1% Milk or Skim Milk                          | Mix Berry Parfait<br>Banana Foster's Oatmeal<br>Fresh Strawberries<br>1% Milk or Skim Milk                | Cinnamon Tortilla<br>Chips<br>Fruit Salad<br>Greek Yogurt<br>1% Milk or Skim Milk                           | Assorted Cereal & Muffins<br>Whole Apple & Pears<br>1% Milk or Skim Milk                     |
| Vanilla Yogurt<br>House Granola<br>Tropical fruit salad<br>1% Milk or Skim Milk                            | Sliced Zucchini Bread<br>Scramble Eggs & Cheese<br>Grits<br>Whole Banana or Mandarin<br>1% Milk or Skim Milk | Turkey breakfast sandwich<br>Assorted Muffins<br>Sliced Apple or Pears<br>1% Milk or Skim Milk            | Honey butter Wheat<br>Croissant<br>Assorted Cereal<br>Mixed Berry Cup<br>1% Milk or Skim Milk               | Spiced Oatmeal w/<br>Dried Mixed Fruit<br>Pineapple Kiwi Parfait<br>1% Milk or Skim Milk     |
| Cinnamon apple muffin<br>Bacon Egg and cheese<br>croissants<br>Whole apple & Pears<br>1% Milk or Skim Milk | Assorted Muffins<br>Sausage egg and cheese<br>biscuit pineapple<br>Wedges<br>1% Milk or Skim Milk            | Spiced Oatmeal w/ Dried<br>Cranberry<br>Mini Bagel & Condiments<br>Sliced Peaches<br>1% Milk or Skim Milk | Corn meal porridge<br>Vanilla Yogurt with<br>House Granola & Fresh<br>Mixed Berries<br>1% Milk or Skim Milk | Wheat Toast &<br>Boiled Eggs<br>Assorted cereal<br>Banana & Mandarin<br>1% Milk or Skim Milk |
| cinnamon Tortilla<br>Chips<br>Fruit Salad<br>Greek Yogurt<br>1% Milk or Skim Milk                          |                                                                                                              |                                                                                                           |                                                                                                             |                                                                                              |

### Daily Breakfast Snack

Classroom Delivery: 9:45am

**AM Snack Monday**  
Week 1, 3 & 5  
Apple Sauce cup

**AM Snack**  
Week 2 & 4  
Kettle Popped  
Popcorn

**AM Snack Tuesday**  
Week 1 & 3  
Sun-butter & Jelly  
Sandwich

**AM Snack**  
Week 2 & 4  
Shortbread Biscuit Bites

**AM Snack**  
Wednesday  
Week 1 & 3  
Whole-Grain Cheddar  
Goldfish

**AM Snack**  
Week 2 & 4  
Assorted Sun Chips

**AM Snack Thursday**  
Week 1 & 3  
Tortilla chips

**AM Snack**  
Week 2 & 4  
Sun-butter & Jelly  
Sandwich

**AM Snack Friday**  
Week 1 & 3  
Whole Grain Fruit bar

**AM Snack**  
Week 2 & 4  
Strawberry Chex Mix





# Family-Style Lunch MENU

AUGUST

## Monday

|                                                                                                                   |    |
|-------------------------------------------------------------------------------------------------------------------|----|
|                                                                                                                   |    |
| Chicken & Spinach Quesadilla<br>Black Beans<br>Orange & Pineapple Wedges<br>1% Milk or Skim Milk                  | 10 |
| Cheese Ravioli<br>Roasted Butternut Squash<br>Sweet Green Peas<br>Raspberry & Blueberries<br>1% Milk or Skim Milk | 17 |
| BBQ Meatloaf<br>Wheat Dinner Roll<br>Mashed Sweet Potato<br>Grilled Peach & Pineapples<br>1% Milk or Skim Milk    | 24 |
| Brown Stew Chicken<br>Steamed Cabbage<br>Caribbean Rice & Peas<br>Fresh Kiwi<br>1% Milk or Skim Milk              | 31 |

## Tuesday

|                                                                                                                                    |    |
|------------------------------------------------------------------------------------------------------------------------------------|----|
|                                                                                                                                    |    |
| Beef Taco Tuesday<br>Shredded Lettuce, Cheese; Salsa; Hard & Soft Taco Shells<br>Strawberry & Cantaloupe<br>1% Milk or Skim Milk   | 11 |
| Shredded Mexican Chicken<br>Spanish Rice; Refried Beans<br>Shredded Lettuce; Pico de Gallo<br>Peach Wedges<br>1% Milk or Skim Milk | 18 |
| Grilled Chicken<br>Greek Vegetable Platter<br>Parmesan Couscous<br>Orange Wedges<br>1% Milk or Skim Milk                           | 25 |
|                                                                                                                                    |    |

## Wednesday

|                                                                                                                                      |    |
|--------------------------------------------------------------------------------------------------------------------------------------|----|
| Honey BBQ Chicken Wings<br>Steamed Broccoli<br>Butternut Squash Mac & Chz<br>Fresh Strawberry<br>1% Milk or Skim Milk                | 05 |
| Herbed Baked Chicken<br>Wild Garden Rice Pilaf<br>Roasted Balsamic Brussels & Cherry Tomatoes; Kiwi & Orange<br>1% Milk or Skim Milk | 12 |
| Meatball & Mashed Potato Bowl; Steamed Sweet Corn<br>Green Beans Fresh Blackberry<br>Wheat Dinner Roll<br>1% Milk or Skim Milk       | 19 |
| Beef Bolognese with Whole Wheat Spagetti<br>Farmers Artisan Salad<br>Sliced Pears<br>1% Milk or Skim Milk                            | 26 |
|                                                                                                                                      |    |

## Thursday

|                                                                                                                       |    |
|-----------------------------------------------------------------------------------------------------------------------|----|
| Beef Sausage Lasagna<br>Ceasar Salad with Whole Wheat Croutons<br>Pineapple Wedges<br>1% Milk or Skim Milk            | 06 |
| Mediterranean Ground Turkey Bowl with tzatziki<br>Chilled Farro Salad<br>Honeydew & Pineapple<br>1% Milk or Skim Milk | 13 |
| Sloppy Joe<br>Creamy Coleslaw<br>Peach & Pear Wedges<br>1% Milk or Skim Milk                                          | 20 |
| Chinese Chicken<br>Fried Rice<br>Vegetable Egg Roll<br>Peach & Orange<br>1% Milk or Skim Milk                         | 27 |
|                                                                                                                       |    |

## Friday

|                                                                                                                              |    |
|------------------------------------------------------------------------------------------------------------------------------|----|
| Jamaican Curry Chicken<br>Roast Carrot & Potatoes<br>Caribbean Rice & Peas<br>Fresh Diced Cantaloupe<br>1% Milk or Skim Milk | 07 |
| Maple French Toast<br>Chicken Apple Sausage<br>Breakfast Potatoes<br>Kiwi & Grapes<br>1% Milk or Skim Milk                   | 14 |
| Pepperoni or Cheese Pizza; Ceasar Salad with Whole Wheat Croutons<br>Assorted Berries<br>1% Milk or Skim Milk                | 21 |
| Air Fried Chicken Tenders<br>Baked Beans, Tator Tots<br>Assorted Fruit<br>1% Milk or Skim Milk                               | 28 |
|                                                                                                                              |    |

### \*Daily Alternative Entrée

- Grilled Chicken Cobb Salad

**YMCA Snack**  
**Monday**  
Cinnamon Pita  
Chips & Apple  
Slices

**YMCA Snack**  
**Tuesday**  
Veggie Sticks  
with Cheese Cubes  
& Ranch Dip

**YMCA Snack**  
**Wednesday**  
Assorted  
Grape Cup

**YMCA Snack**  
**Thursday**  
Nutri grain Bar &  
Cheese Sticks

**YMCA Snack**  
**Friday**  
Tropical Fruit Cup

