

Washington County NB & PW Club, Inc.

Head Start Program
Georgia Pre-K Program

August 2016 School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>B Corn flakes Bananas Milk</p> <p>L Turkey sandwich w/lettuce-tomato Fruit cups Mixed vegetables Milk</p> <p>S Bug Bites Cookies Honeydew Melon</p>	<p>2</p> <p>B Wheat toast Applesauce Milk</p> <p>L Spaghetti w/meat sauce Garden salad Sliced pineapple Texas toast Milk</p> <p>S Blueberry Muffins Apples</p>	<p>3</p> <p>B Wholegrain croissant Sausage Pattie Cantaloupe Milk</p> <p>L Beef/cheese pizza Vegetable medley Peaches Milk</p> <p>S Super donut Kiwi</p>	<p>4</p> <p>B Cheese toast Bananas Milk</p> <p>L Chicken strips Green beans Fruit cocktail Rolls Milk</p> <p>S Cinnamon Toast Peach Fruit Cup</p>	<p>5</p> <p>B Cheerios Apple wedges Milk</p> <p>L Baked hamburger Steamed broccoli Oranges wedges Sweet potato fries Buns Milk</p> <p>S Animal crackers Bananas</p>
<p>8</p> <p>B Rice Krispies Strawberries Milk</p> <p>L Grilled ham & cheese Steam Broccoli Sliced peaches Milk</p> <p>S Wheat crackers Orange slices</p>	<p>9</p> <p>B Super Donut Apples wedges Milk</p> <p>L Tuna salad on lettuce Corn on-the-cob Sliced pears Wheat crackers Milk</p> <p>S crackers Yogurt</p>	<p>10</p> <p>B Cheerios Bananas Milk</p> <p>L Baked chicken Okra & tomatoes Sliced pineapple Wheat rolls Milk</p> <p>S English muffin pizza Cantaloupe</p>	<p>11</p> <p>B Raisin toast Kiwi Milk</p> <p>L Baked chicken Okra & tomatoes Sliced pineapple Wheat rolls Milk</p> <p>S Animal Crackers Bananas</p>	<p>12</p> <p>B Corn flakes Oranges Milk</p> <p>L Baked fish Green salad/lettuce- tomato Sliced peaches Wheat bread Milk</p> <p>S Ritz Crackers Apple Juice</p>
<p>15</p> <p>B Cheese toast Apples slices Milk</p> <p>L Meatloaf Mashed Potatoes Broccoli Rolls Milk</p> <p>S Whole grain animal Crackers Carrot sticks</p>	<p>16</p> <p>B Rice Krispies Oranges Milk</p> <p>L Grilled chicken Strips Whole grain noodles Peaches Green beans Wheat rolls Milk</p> <p>S Vanilla wafers Bananas</p>	<p>17</p> <p>B English muffin Applesauce Milk</p> <p>L Ham sandwich w/let-tom wheat bread Broccoli Sweet Potato Fries Oranges Milk</p> <p>S Saltines Grape juice</p>	<p>18</p> <p>B Corn flakes Apples Milk</p> <p>L Baked fish Coleslaw Peaches Sliced bread Milk</p> <p>S Animal crackers Honeydew melon</p>	<p>19</p> <p>B Cinnamon toast Strawberries Milk</p> <p>L Beef/cheese Pizza Corn on the Cob Pears Milk</p> <p>S Graham crackers Fruit Cups</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
B Blueberry muffin Cantaloupe Milk L Sloppy Joe Garden Salad Sliced Pineapple Buns Milk S Animal crackers Honeydew Melon	B Wheat toast Peaches Milk L Chicken strips Green beans Cream corn Sliced bread Milk S Super Donut Apples	B Cheerios Bananas Milk L Baked Chicken Turnip Greens Sliced Peaches Cornbread Milk S Texas Toast Pizza Orange Wedges	B Banana muffin Kiwi Milk L Turkey sandwich/wheat Bread Mixed vegetables Apple wedges Milk S Ritz crackers Fruit cups	B Toast Peaches Milk L Tuna salad/Lettuce Baked Potato Wedges Fruit cocktail Ritz Crackers Milk S Bug Bites Kiwi
29	30	31		
B Corn flakes Strawberries Milk L Grilled chicken breast Vegetable Medley Peaches Rolls Milk S Tortilla Chip Cheese Sauce Apples	B Raisin toast Oranges Milk L Grilled Ham/Cheese Broccoli Pears Milk S Graham Crackers Vanilla Yogurt	B Super Donut Apple wedges Milk L Meatloaf Creamed Potatoes Green beans Rolls Milk S Vanilla Wafers Bananas		Joyce Gardner, Nutrition Coordinator j.gardner@nbpw.org @ 478-240-0925 ext. 212

Children are served 1% milk; children who are lactose intolerant are given Lactaid or 100% juice. Children with allergies are given substitutions for foods they are allergic to. Water is available at meal times; children are encouraged to drink water throughout the day.

<p>Key B=Breakfast L=Lunch S=Snack</p>

