

Mustard Seed Christian Daycare

August 2019

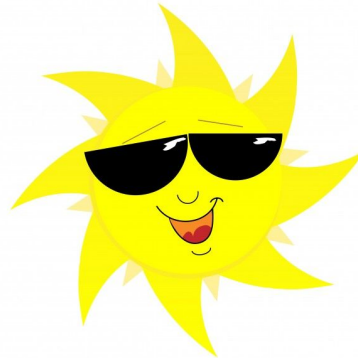
Monday



Tuesday



Wednesday



Thursday

1

B: Peaches, Rice Krispies,
Skim/Whole Milk

L: Turkey & Swiss
Sandwich on Whole Grain
Bread, Applesauce, Cherry
Tomatoes, Skim/Whole
Milk

S: Tortilla Chips and Salsa,
Ice Water

Friday

2

B: Applesauce, Blueberry
Muffins, Skim/Whole Milk

L: Hotdog on Whole Grain
Bun, Banana, Baked
Beans, Skim/Whole Milk

S: Chex Mix, Skim/Whole
Milk

5

B: Breakfast Burrito,
Banana, Skim/Whole Milk

L: Ham & Cheese Wrap,
Tropical Fruit Salad,
Lettuce/Tomato,
Skim/Whole Milk

S: Whole Grain White
Cheddar Popcorn,
Skim/Whole Milk

6

B: Tropical Fruit Salad,
Whole Grain Frosted
Shredded Wheat,
Skim/Whole Milk

L: Meatball Parmesan
Casserole with Whole
Grain Pasta, Applesauce,
Skim/Whole Milk

S: Whole Grain Munchies
Snack Mix, Skim/Whole
Milk

7

B: Applesauce, Whole
Grain Pancakes,
Skim/Whole Milk

L: Southwest Chicken
Skillet with White Rice,
Watermelon, Skim/Whole
Milk

S: Fruit Salsa, Graham
Crackers, Ice Water

8

B: Watermelon, Whole
Grain Life Cereal,
Skim/Whole Milk

L: Breaded Fish Sandwich
on Whole Grain Bun,
Mandarin Oranges, Mixed
Vegetables, Skim/Whole
Milk

S: Whole Grain Teddy
Grahams, Skim/Whole Milk

9

B: Potatoes O'Brien,
Sausage Links,
Skim/Whole Milk

L: Cheeseburgers on
Whole Grain Bun, Fruit
Cocktail, Cherry
Tomatoes, Skim/Whole
Milk

S: Cubed Colby Jack
Cheese, Apple Juice

<div>12</div> <div>B: Strawberry Greek Yogurt, Banana, Skim/Whole Milk</div> <div>L: BBQ Pork Steaks, Fruit Cocktail, Corn on the Cob, Whole Grain Bread, Skim/Whole Milk</div> <div>S: Creamy Cucumbers, Skim/Whole Milk</div>	<div>13</div> <div>B: Loaded Scrambled Eggs, Fruit Cocktail, Skim/Whole Milk</div> <div>L: Marinated Chicken, Watermelon, Salad, Whole Grain Bread, Skim/Whole Milk</div> <div>S: Fritos with Cheese Sauce, Skim/Whole Milk</div>	<div>14</div> <div>B: Watermelon, Whole Grain Frosted Shredded Wheat, Skim/Whole Milk</div> <div>L: Tater Tot Casserole, Pears, Breadsticks, Skim/Whole Milk</div> <div>S: Graham Crackers, Skim/Whole Milk</div>	<div>15</div> <div>B: Pears, Waffles, Skim/Whole Milk</div> <div>L: Turkey & Swiss Wrap on Whole Wheat Tortilla, Pineapple, Corn & Tomato Salad, Skim/Whole Milk</div> <div>S: Wow Butter, Banana Chips, Ice Water</div>	<div>16</div> <div>B: Pineapple, Cornflakes, Skim/Whole Milk</div> <div>L: Cheeseburger on Whole Grain Bun, Peaches, Lettuce & Tomato Slices, Skim/Whole Milk</div> <div>S: Baby Carrots & Hummus, Apple Juice</div>
<div>19</div> <div>B: Peaches, Cheerios, Skim/Whole Milk</div> <div>L: Chili, Fruit Cocktail, Cornbread, Skim/Whole Milk</div> <div>S: Apple Juice, Whole Grain Sunchips</div>	<div>20</div> <div>B: Fruit Cocktail, Pancakes, Skim/Whole Milk</div> <div>L: Chicken Tater Bake, Watermelon, Whole Grain Bread, Skim/Whole Milk</div> <div>S: Strawberries, Skim/Whole Milk</div>	<div>21</div> <div>B: Strawberry Greek Yogurt, Banana, Skim/Whole Milk</div> <div>L: Baked Spaghetti with Whole Grain Pasta, Pears, Green Beans, Skim/Whole Milk</div> <div>S: Munchie Snack Mix, Skim/Whole Milk</div>	<div>22</div> <div>B: Baked Apples, Whole Grain Toast, Skim/Whole Milk</div> <div>L: Hotdog on Whole Grain Bun, Peaches, Pickle Spear, Skim/Whole Milk</div> <div>S: Rice Cake, Skim/Whole Milk</div>	<div>23</div> <div>B: Peaches, Whole Grain Frosted Shredded Wheat, Skim/Whole Milk</div> <div>L: Chicken Patty on Whole Grain Bun, Tropical Fruit Salad, Lettuce & Tomato Slices, Skim/Whole Milk</div> <div>S: Apple Slices & Wow Butter, Ice Water</div>
<div>26</div> <div>B: Tropical Fruit Salad, Cornflakes, Skim/Whole Milk</div> <div>L: Cheesy Chicken & Brown Rice Casserole, Fruit Cocktail, Carrots, Skim/Whole Milk</div> <div>S: Dried Mixed Fruit, Skim/Whole Milk</div>	<div>27</div> <div>B: Hard Boiled Egg, Fruit Cocktail, Skim/Whole Milk</div> <div>L: BBQ Pork & Whole Grain Penne Skillet, Pears, Mixed Vegetables, Skim/Whole Milk</div> <div>S: Cheesy Zucchini, Skim/Whole Milk</div>	<div>28</div> <div>B: Pears, Cheerios, Skim/Whole Milk</div> <div>L: Meatball Stroganoff, Tropical Fruit Salad, Salad, Skim/Whole Milk</div> <div>S: Apple Juice, Whole Grain Baked Cheetos</div>	<div>29</div> <div>B: Tropical Fruit Salad, French Toast, Skim/Whole Milk</div> <div>L: Corndog, Peaches, Peas, Whole Grain Bread, Skim/Whole Milk</div> <div>S: String Cheese, Crackers, Ice Water</div>	<div>30</div> <div>B: Strawberry Greek Yogurt, Banana, Skim/Whole Milk</div> <div>L: Turkey & Stuffing Dressing, Pineapple, Green Beans, Skim/Whole Milk</div> <div>S: Whole Grain Sunchips, Skim/Whole Milk</div>