

PM Menu (August 2024)



MON	TUE	WED	THU	FRI
			1	2
			Soft Pretzel and Cheese with Banana (WGR) Pretzels Cheese	Turkey and Cheddar Wraps with Sliced Apples (WGR) Turkey and Cheddar Wraps
5	6	7	8	9
Whole Grain Strawberry Cracker & Fruit (WGR) [^] WGR Strawberry Cracker, Fruit	Tortilla Chips & Salsa	Apple Slices with Mozzarella Cheese Apple Slices Cheese	Whole Wheat Cracker & Apple Sauce (WGR) Whole Wheat Cracker Apple Sauce	Pita Bread and Hummus with Carrots (WGR)
12	13	14	15	16
Ritz Butter Round Crackers & Cheddar Cheese with Pear Ritz Crackers (WGR)	Cheese Crackers & Fruit (WGR) [^] Cheese Crackers Fruit	Apple Slices, Sun Butter Apple Slices Sunbutter	Soft Pretzel and Cheese with Banana (WGR) Pretzels Cheese	Turkey and Cheddar Wraps with Sliced Apples (WGR) Turkey and Cheddar Wraps
19	20	21	22	23
Whole Grain Strawberry Cracker & Fruit (WGR) [^] WGR Strawberry Cracker, Fruit	Tortilla Chips & Salsa	Apple Slices with Mozzarella Cheese Apple Slices Cheese	Whole Wheat Cracker & Apple Sauce (WGR) Whole Wheat Cracker Apple Sauce	Pita Bread and Hummus with Carrots (WGR)
26	27	28	29	30
Ritz Butter Round Crackers & Cheddar Cheese with Pear Ritz Crackers (WGR)	Cheese Crackers & Fruit (WGR) [^] Cheese Crackers Fruit	Apple Slices, Sun Butter Apple Slices Sunbutter	Soft Pretzel and Cheese with Banana (WGR) Pretzels Cheese	Turkey and Cheddar Wraps with Sliced Apples (WGR) Turkey and Cheddar Wraps

Pre-School Serving Sizes

Meat 2.0 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup

Grade - High School Serving Sizes

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Dairy Free (DF) Gluten Free (GF) Soy Free (SF)

Veggie inside entree marked with (*)

Items marked with [^] contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich