



Sweet Beginnings Early Learning Center

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BREAKFAST: Bagels, Apples, Milk LUNCH: Grilled Ham & Cheese Sandwich, Tom Soup, Apples, Milk SNACK: Cottage Cheese & Pretzels	2 BREAKFAST: Oatmeal, Berries, Milk LUNCH: Turkey Sand, Cucumbers & Carrots, Fruit Salad, Milk SNACK: Graham Crackers & Applesauce
5 BREAKFAST: Cheerios Bananas, Milk LUNCH: Meatloaf, Mashed Potatoes, Green Beans, Milk SNACK: Vanilla Wafers & Yogurt	6 BREAKFAST: Muffins, Oranges, Milk LUNCH: Taco Salad, Corn, Apples, Milk SNACK: Animal Crackers & Fruit	7 BREAKFAST: Pancakes, Pears, Milk LUNCH: Spaghetti w/ Meatsauce, Broccoli, Grapes, Milk SNACK: Cheese and Crackers	8 BREAKFAST: Bagels, Apples, Milk LUNCH: French Toast Sausage, Hash Brown Grapes, Milk SNACK: Cottage Cheese & Pretzels	9 BREAKFAST: Oatmeal, Berries, Milk LUNCH: Pepperoni Pizza, Mixed Veggies, Mixed Fruit, Milk SNACK: Graham Crackers & Applesauce
12 BREAKFAST: Bran Flakes Cereal, Bananas Milk LUNCH: Ham and Cheese Pinwheels, Tater Tots, Kiwi, Milk SNACK: Vanilla Wafers & Yogurt	13 BREAKFAST: Muffins, Oranges, Milk LUNCH: Soft Tacos w/ Beef, Cheesy Rice, Pineapple, Milk SNACK: Animal Crackers & Fruit	14 BREAKFAST: Pancakes, Pears, Milk LUNCH: Pizza Pasta Casserole, Broccoli, Strawberries, Milk SNACK: Cheese and Crackers	15 BREAKFAST: Bagels, Apples, Milk LUNCH: Tater Tot Casserole, Mixed Veggies, Melon, Milk SNACK: Cottage Cheese & Pretzels	16 BREAKFAST: Oatmeal, Berries, Milk LUNCH: BBQ Chicken, Corn, Grapes, Milk SNACK: Graham Crackers & Applesauce
19 BREAKFAST: Rice Krispy Cereal, Bananas, Milk LUNCH: Parmesan Baked Tilapia, Salad, Honeydew, Milk SNACK: Vanilla Wafers & Yogurt	20 BREAKFAST: Muffins, Oranges, Milk LUNCH: Mac n Cheese w/ Beef, Carrots, Milk SNACK: Animal Crackers & Fruit	21 BREAKFAST: Pancakes, Pears, Milk LUNCH: Meatloaf w/G ravy, Mashed Potatoes, Carrots, Milk SNACK: Cheese and Crackers	22 BREAKFAST: Bagels, Apples, Milk LUNCH: Chicken Pot Pie, Mixed Veggies, Blueberries, Milk SNACK: Cottage Cheese & Pretzels	23 BREAKFAST: Oatmeal, Berries, Milk LUNCH: Chicken Quesadillas, Refried Beans, Pineapple, Milk SNACK: Graham Crackers & Applesauce
26 BREAKFAST: Cheerios Bananas, Milk LUNCH: Turkey and Cheese Sand, Mixed Veggies, Plums, Milk SNACK: Vanilla Wafers & Yogurt	27 BREAKFAST: Muffins, Oranges, Milk LUNCH: Cheese Burgers, Tater Tots, Carrots, Bananas, Milk SNACK: Animal Crackers & Fruit	28 BREAKFAST: Pancakes, Pears, Milk LUNCH: Beef Ravioli w/Garlic Bread Broccoli, Cantaloupe, Milk SNACK: Cheese and Crackers	29 BREAKFAST: Bagels, Apples, Milk LUNCH: BBQ Meatballs Rice, Mixed Veggies, Pears, Milk SNACK: Cottage Cheese & Pretzels	30 BREAKFAST: Oatmeal, Berries, Milk LUNCH: Ham, Potatoes, Green Beans, Pineapple, Milk SNACK: Graham Crackers & Applesauce