

# AUGUST MEAL MENU

## August 20 – 24



CACFP Meal Requirement		20 / Mon	21 / Tues	22 / Wed	23 / Thurs	24 / Fri
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>BREAKFAST</b>				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Peaches	Pears	Apple	Oranges
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Kashi Berry Crumble	French Toast Fingers	Sausage & Roasted Potatoes (Veggie sausage)	Corn Muffins	Eggo Waffles
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>LUNCH</b>				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Turkey & Cheese on Whole Wheat Bread	Taco Bake Casserole with Red Beans and Corn	Spinach Ravioli with Green Beans	Beef Lo Mein with Stir-Fry Vegetables	Chicken Breast Nuggets , Sauteed Herbed Potato Cubes and Steamed Broccoli
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Steamed Carrots				
1/8 cup fruit	¼ cup fruit	Apple Slices	Pineapple	Peaches	Pineapple	Mandarin
<b>Vegetarian Alternative</b> (served upon request only; please email <a href="mailto:office@totemlakeschool.com">office@totemlakeschool.com</a> )		Veggie Slice	Same	Same	Garden Patty	Garden Burger
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>AFTERNOON SNACK (2 of 5 components)</b>				
½ cup whole milk	¾ cup 1% milk	Yogurt	Cheddar Cubes	-	Frozen Yogurt	Tzatziki Dip
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	-	Club Crackers	Veggie Straws	Soft Pretzel	Pita
½ cup veg or fruit	½ cup veg or fruit	Pineapple	-	Melon	-	Cucumbers
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>LATE AFTERNOON SNACK (2 of 5 components)</b>				
½ cup whole milk	¾ cup 1% milk	-	-	Cheese Slice	-	String Cheese
½ oz meat	½ oz meat	-	-	Deli Meat Slice	-	
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Fig Bar	Pirate Booty	Whole Wheat Crackers	Nut-free Trail Mix with Dried Fruit	Belvita Biscuits
½ cup veg or fruit	½ cup veg or fruit	Melon	Bananas			-

\* Pasteurized full-strength juice may only be used to meet the vegetables or fruit requirement at one-meal, including snack, per day

\*\* Serving sizes and food components are in accordance with USDA food guidelines for children ages 1-5. All meals are served with water and another liquid, if indicated. Parents may be required to pack substitutions for children with allergies and/or dietary restrictions.

**AUGUST MEAL MENU**  
**August 27 – 31**



CACFP Meal Requirement		27 / Mon	28 / Tues	29 / Wed	30 / Thurs	31 / Fri
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>BREAKFAST</b>				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Peaches	Blueberry	Mixed Fruit	Mango
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Kashi Berry Crumble or Heart to Heart	Mini Bagels and Cream Cheese	French Toast Fingers	Banana Bread Muffins	Lightly Buttered English Muffin
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>LUNCH</b>				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Sunflower and Fruit Spread on Whole Wheat Bread	Spaghetti and Meatballs, Zucchini	Loaded Baked Potato and Chicken Casserole, Peas	Fish Tacos (Breaded Pollock on Tortilla with Avocado and Mild Salsa)	Mini Cheese Pizzas, Steamed Broccoli, Veggie Patties
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Sugar Snap Peas				
1/8 cup fruit	¼ cup fruit	Watermelon	Cantaloupe	Mixed Fruit	Mangos	Peaches
<b>Vegetarian Alternative</b> (served upon request only; please email <a href="mailto:office@totemlakeschool.com">office@totemlakeschool.com</a> )		Same	Veggie Crumbles	Veggie Crumbles	Same	Same
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>AFTERNOON SNACK (2 of 5 components)</b>				
½ cup whole milk	¾ cup 1% milk	-	Cheese Slices	-	-	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Grain Bar	Pita	Fig Newtons	Graham Crackers	Veggie Straws
½ cup veg or fruit	½ cup veg or fruit	Clementines	-	Watermelon	Apple Sauce	Seasonal Fruit
<b>Ages 1-2</b>	<b>Ages 2+</b>	<b>LATE AFTERNOON SNACK (2 of 5 components)</b>				
½ cup whole milk	¾ cup 1% milk	String Cheese	-	-	Cheese Cubes	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Raisin Bread	Pirate Booty	Life Cereal	Mini Bagels	BelVita Biscuit
½ cup veg or fruit	½ cup veg or fruit	-	Banana	Berries		

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