

AUGUST MEAL MENU

August 6 – 10



| CACFP Meal Requirement | | 6 / Mon | 7 / Tues | 8 / Wed | 9 / Thurs | 10 / Fri |
|--|------------------------|---|-----------------------------|--|--|--|
| Ages 1-2 | Ages 2+ | BREAKFAST | | | | |
| ½ cup whole milk | ¾ cup 1% milk | ☑ | ☑ | ☑ | ☑ | ☑ |
| ¼ cup veg / fruit* | ½ cup veg / fruit* | Bananas | Orange Wedges | Peach | Blueberry | Mixed Fruit |
| ½ slice or ¼ cup grain | ½ slice or ¼ cup grain | Multi-Grain Cheerios | English Muffin | Oven Roasted Potatoes & Veggie Sausage | French Toast | Banana Bread |
| Ages 1-2 | Ages 2+ | LUNCH | | | | |
| ½ cup whole milk | ¾ cup 1% milk | ☑ | ☑ | ☑ | ☑ | ☑ |
| 1 oz meat | 1.5 oz meat | Turkey and Cheese Sandwich on Whole Wheat | Tuna Noodle Salad with Peas | Turkey Meatloaf with Curry and Mashed Potatoes, Peas & Carrots | Chicken Teriyaki with Stir-Fry Veggies | Chicken Parmesan Sandwich, Corn & Bean Succotash |
| 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 | Tropical Fruit | - | Pineapple | Watermelon |
| Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com) | | Veggie Slices | Veggie Crumbles | Veggie Patty | Veggie Crumbles | Veggie Patty |
| Ages 1-2 | Ages 2+ | AFTERNOON SNACK (2 of 5 components) | | | | |
| ½ cup whole milk | ¾ cup 1% milk | Cottage Cheese | Cheddar Cubes | - | - | - |
| ½ oz meat | ½ oz meat | - | - | - | - | - |
| ½ slice or ¼ cup grain | ½ slice or ¼ cup grain | - | Club Cracker | Graham Cracker | Pita | Belvita Biscuits |
| ½ cup veg or fruit | ½ cup veg or fruit | Pineapple | - | Apple Sauce | Hummus | Apple Slices |
| Ages 1-2 | Ages 2+ | LATE AFTERNOON SNACK (2 of 5 components) | | | | |
| ½ cup whole milk | ¾ cup 1% milk | - | - | String Cheese | - | Frozen Yogurt |
| ½ oz meat | ½ oz meat | - | - | - | - | |
| ½ slice or ¼ cup grain | ½ slice or ¼ cup grain | Nutrigrain Bar | Pirate Booty | Fig Bar | Soft Pretzel | Trail Mix |
| ½ cup veg or fruit | ½ cup veg or fruit | Melon | Banana | - | Edamame | |

* 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 13 – 17



| CACFP Meal Requirement | | 13 / Mon | 14 / Tues | 15 / Wed | 16 / Thurs | 17 / Fri |
|--|------------------------|---|-------------------------------|------------------------------------|--|--|
| Ages 1-2 | Ages 2+ | BREAKFAST | | | | |
| 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 | Cheerios | Mini Bagels and Cream Cheese | Eggo Waffles | Lightly Buttered English Muffins | Blueberry Muffins |
| Ages 1-2 | Ages 2+ | LUNCH | | | | |
| ½ cup whole milk | ¾ cup 1% milk | ☑ | ☑ | ☑ | ☑ | ☑ |
| 1 oz meat | 1.5 oz meat | Sunbutter & Jelly Sandwich Steamed Carrots | Cheesy Vegetarian Chili Pasta | Chicken Pesto Tortellini with Peas | Beef & Vegetable Rice served with Nori | Wild Alaskan Pollock Sticks, Potatoes & Peas |
| ½ slice or ¼ cup grain | ½ slice or ¼ cup grain | | | | | |
| 1/8 cup veg | ¼ cup veg | Strawberries | Pears | Honeydew | Orange Wedges | Watermelon |
| 1/8 cup fruit | ¼ cup fruit | Same | Same | Veggie Crumbles | Veggie Patty | Tofu Slice |
| Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com) | | | | | | |
| Ages 1-2 | Ages 2+ | AFTERNOON SNACK (2 of 5 components) | | | | |
| ½ cup whole milk | ¾ cup 1% milk | - | Cheese Slices | - | - | - |
| ½ oz meat | ½ oz meat | - | - | - | Deli Meat Slices | - |
| ½ slice or ¼ cup grain | ½ slice or ¼ cup grain | Grain Bar | Pita | Banana Bread | Veggie Straws | Bunny Snacks |
| ½ cup veg or fruit | ½ cup veg or fruit | Pineapple | - | | - | Melon |
| Ages 1-2 | Ages 2+ | LATE AFTERNOON SNACK (2 of 5 components) | | | | |
| 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 | BelVita Biscuit | Graham Crackers |
| ½ cup veg or fruit | ½ cup veg or fruit | - | Banana | Strawberries | | |

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