



AUGUST MENUS

Trinity Learning Center

Where Learning and Fun are One

SUN MON TUES WED THUR FRI SAT

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>WEEK 1</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>SUMMER FUN...</p> <p>...ALMOST DONE!</p> 	<p>The Wheels on the BUS go round and round...</p> 	<p>1 Oat Cheerios Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Roasted Chicken Leg WG Brown Rice/Gravy Glazed Carrots Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Mozzarella Cheese Water</p>	<p>2 Croissant/Butter Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef/Cheese Burrito-CN Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Gold Fish Crackers Water</p>	<p>3 Frosted Mini Wheats Fresh Blue Berries Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Salad E-07 Green Beans Pineapple Tidbits Whole Wheat Bread Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries Wheat Waffle Stick Water</p>	<p>USDA Child nutrition programs are available to all children without regard to race, national origin, sex, age, or disability</p> <p>Water is served throughout the day as needed</p> <p>For One year olds substitutions for hard fresh fruits or veggies are as follows: cooked carrots applesauce and other soft fruits or veggies</p>
<p>WEEK 2</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>6 Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cheese Pizza-CN Whole Wheat Crust Fresh Broccoli Fresh Orange Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p>7 Raisin Bread Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Spaghetti D-03 Whole Wheat Noodles Corn on Cob Sliced Peaches Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Gold Fish Crackers Water</p>	<p>8 Rice Krispies Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Glazed Chicken-CN Mashed Potato/Gravy Glazed Carrots Apple Sauce Wheat Dinner Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Cheddar Cheese Cubes Water</p>	<p>9 Biscuit/Jam Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Taco D-24 A Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Tropical Fruit Soft Wheat Pretzel Water</p>	<p>10 Corn Kix Cereal Fresh Strawberries Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Sausage Patty CN Hash Brown Potato Pine Apple Tidbits Biscuit Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Blue Berries Whole Wheat Pancake Water</p>	<p>CN – Child Nutrition HM – Home Made If Fresh Fruit is out of season Frozen can be used instead.</p> <p>Cereals contain less than 6 grams of sugar per serving.</p> <p>No Fried Foods Rais</p>
<p>WEEK 3</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>13 Bran Muffin Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Alfredo D-54r Whole Grain Pasta Fresh Broccoli Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Tropical Fruit Soft Wheat Pretzel Water</p>	<p>14 Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fish Star Nuggets-CN Corn on Cob Sliced Peaches Whole Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p>15 Oat Cheerios Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>WG Beefy Brown Rice Casserole D-07 Glazed Carrots Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Mozzarella Cheese Water</p>	<p>16 Croissant/Butter Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Burrito D-30 Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Gold Fish Crackers Water</p>	<p>17 Frosted Mini Wheats Fresh Blue Berries Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Salad HM E-07 Green Beans Pineapple Tidbits Whole Wheat Bread Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries Wheat Waffle Stick Water</p>	<p>UN-FLAVORED Milk servings: 12-23 months 1/2 cup (whole) 2-5 years 3/4 cup (1%) 6-12 years 1 cup (1%)</p> <p>Grain servings: 1-2 years 1/2 ounce 3-5 years 1/2 ounce 6-12 years 1/2 ounce</p>
<p>WEEK 4</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>20 Bran Muffin Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Slider-CN Enriched White Bun Fresh Broccoli Fresh Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p>21 Raisin Bread Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Corn Dogs-CN Corn on Cob Sliced Peaches Whole Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Gold Fish Crackers Water</p>	<p>22 Rice Krispies Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Meatballs-CN Mashed Potato/Gravy Glazed Carrots Apple Sauce Wheat Dinner Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Orange Slices Cheddar Cheese Cubes Water</p>	<p>23 Biscuit/Jam Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef/Cheese Taco CN Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Tropical Fruit Soft Wheat Pretzel Water</p>	<p>24 Corn Kix Cereal Fresh Strawberries Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Sausage Patty CN Hash Brown Potato Pine Apple Tidbits Biscuit Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Blue Berries Whole Wheat Pancake Water</p>	<p>Meat servings: 1-2 years 1 ounce 3-5 years 1 1/2 ounce 6-12 years 2 ounce</p> <p>Fruit/Vegetable servings 1-2 years 1/8 ounce each 3-5 years 1/4 ounce each 6-12 years 1/2 ounce each</p>
<p>WEEK 5</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>27 Bran Muffin Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Slider-CN Enriched White Bun Fresh Broccoli Fresh Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Tropical Fruit Soft Wheat Pretzel Water</p>	<p>28 Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>“Lil” Beef Smokies-CN Corn on Cob Sliced Peaches Macaroni Casserole D-03 Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p>29 Oat Cheerios Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Roasted Chicken Leg WG Brown Rice/Gravy Glazed Carrots Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Mozzarella Cheese Water</p>	<p>30 Croissant/Butter Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef/Cheese Burrito-CN Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Gold Fish Crackers Water ORIENTATION 4:00-6:00</p>	<p>31</p> <p>CLOSED</p> <p>TEACHER INSERVICE</p> <p>WE ARE GETTING OUR CLASSROOMS READY FOR THE NEW SCHOOL YEAR!</p> <p>New Classes begin next Tuesday after Labor Day!</p>	<p>To review Recipe ingredients search Child Care Recipes, Food for Health & Fun USDA-FNS 304, 1999</p>