

August 2022

Cereal options-Mini Spooners, Corn Flakes, Kix, Cheerios, Rice Chex, Mini Wheat, Alpha Bits, Grits, Oatmeal

Easter Seals North Georgia- Early Head Start & Head Start/Pre K

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
WG Biscuit, Egg, Mangos Milk WG Bun & Beef Slider, Tator Tots, Applesauce, Milk WG Graham Cracker & Dole Fruit	WG Toast & Cheese Grits, Apples, Milk WG Cheese Pizza, Garden Salad, Pineapple, Milk WG Cheez-it & Orange Slices 0	WG Cereal, Banana, Milk BBQ Turkey on a WG Roll, Baked Beans, Mandarin Oranges, Milk WG Breadstick & Milk	WG Apple Cinnamon Muffin, Sliced Pears, Milk Chicken Chunk, WG Roll, Carrots Apple Slices, Milk Graham Cracker & Fruit & Water	WG Waffle, Apricots, Milk WG Cheese Dipper W/ Marinara, Spinach, Sliced Peaches, Milk Cereal & Milk & Water
8	9	10	11	12
Whole Wheat Toast with Turkey Sausage, Apricot Halves, Milk Spaghetti and Meat Sauce (with Carrots and Bell Peppers) and Whole Grain Spaghetti Noodles& Sliced Pears & Milk 100% Juice and Cheez- it	Whole Wheat Toast with Cinnamon, Unsweetened Applesauce, Milk Chicken Tacos with Shredded Lettuce and Tomatoes, WG Tortilla, Orange Slices, Milk Soy Nut Butter & WG Cracker	WG Cereal, Banana, Milk Beef Ravioli, WG Breadstick, Garden Salad, Sliced Apple, Milk Vanilla Yogurt & Strawberries	Grilled Cheese on a Whole Wheat Bagel, Strawberries, Milk Sweet & Sour Chicken, Brown Rice, Cabbage, Fruit Salad, Milk WG Muffin & Milk	Scrambled Eggs, Hash Brown, Mangos, Milk Turkey and Cheese on WG Bread, Green Beans, Pineapple, Milk WG Cheez- it & Apple Slices
15	16	17	18	19
WG Chicken Link Pancake, Apple Slices, Milk Diced Turkey, Brown Rice, Green Beans, Peach Slices, Milk Soy Nut Butter & WG Cracker	Spiced Oatmeal, Strawberry Slices, Milk Fish Taco with Shredded lettuce and Tomatoes, WG Tortilla, Apple Slices, Milk WG Mini Bagel with Cream Cheese	Spinach Egg Bake, Toast, Banana, Milk Meatball, WG Breadstick, Mashed Potatoes, Mandarin Oranges, Milk Vanilla Yogurt & Granola Biscuit	WG French Toast Sticks, Sliced Apples, Milk Chicken Alfredo with a Twist, Whole Grain Rotini Pasta, Broccoli, Sliced Pears, Milk Graham Cracker & Milk	WG Biscuit with Egg Hot Turkey Ham and Cheese on a WG Dinner Roll, Carrots, Pineapple, Milk Sliced Cheese & WG Cracker
22	23	24	25	26
Whole Wheat Toast with Turkey Sausage, Apricot Halves, Milk Spaghetti and Meat Sauce (with Carrots and Bell Peppers) and Whole Grain Spaghetti Noodles& Sliced Pears & Milk 100% Juice & Soft WG Pretzel	Whole Wheat Toast with Cinnamon, Unsweetened Applesauce, Milk Chicken Tacos with Shredded Lettuce and Tomatoes, WG Tortilla, Orange Slices, Milk Soy Nut Butter & WG Cracker	WG Cereal, Banana, Milk Beef Ravioli, WG Breadstick, Garden Salad, Sliced Apple, Milk Vanilla Yogurt & Strawberries	Grilled Cheese on a Whole Wheat Bagel, Strawberries, Milk Sweet & Sour Chicken, Brown Rice, Cabbage, Fruit Salad, Milk WG Muffin & Milk	Scrambled Eggs, Hash Brown, Mangos, Milk Turkey and Cheese on WG Bread, Green Beans, Pineapple, Milk WG Cheez- it & Apple Slices
29	30	31		
WG Blueberry Bread, Sliced Pear, Milk WG Beef Slider, Tator Tots, Orange Slices, Milk Milk & WG Bug Cinnamon Cracker & Water	WG Toast & Cheese Grits, Apples, Milk WG Cheese Pizza, Garden Salad, Pineapple, Milk WG Cheez-it & Orange Slices & Water	WG Cereal, Banana, Milk BBQ Turkey on a WG Roll, Baked Beans, Mandarin Oranges, Milk WG Breadstick & Milk & Water		

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