

The Children's Ark

August 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																				
<p>3 wheat raisin bagel - jelly diced peaches in light syrup 1% milk **</p> <p>"sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk **</p> <p>fresh <i>seasonal</i> apple 1% milk</p>	<p>4 <i>seasonally sourced</i> fresh orange whole wheat roll & 1% milk **</p> <p>cheddar cheese & MAC with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>crunchy trail mix 100% juice</p>	<p>5 w.g. carrot spice muffin fresh banana 1% milk **</p> <p>baked steak fritters with whole grain breading mashed potatoes steamed cut green beans ketchup 1% milk **</p> <p>pineapple chunks in juice 1% milk</p>	<p>6 whole grain cereal "the Os" tropical fruit mix 1% milk **</p> <p>southern smothered chicken over whole grain noodles black-eyed peas steamed carrot coins watermelon squares 1% milk **</p> <p>cucumber slices - light ranch 1% milk</p>	<p>7 whole grain waffle -syrup fresh-cut cantaloupe wedge 1% milk **</p> <p>"Club Pita" - turkey, cheese, & "cured" turkey in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice mustard 1% milk **</p> <p>cheese squares & crackers 1% milk</p>	<p>10 toasted oats & raisins chilled pear halves 1% milk **</p> <p>turkey frank, or sliced turkey in gravy whole wheat coney bun baked tater wedge, ketchup steamed mixed vegetables 1% milk **</p> <p>fresh <i>seasonal</i> apple 1% milk</p>	<p>11 <i>seasonally sourced</i> fresh orange whole grain English muffin-jelly 1% milk **</p> <p>tex-mex taco beef whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk **</p> <p>cheddar goldfish 100% juice</p>	<p>12 w.g. real blueberry oat muffin pineapple tidbits in juice 1% milk **</p> <p>baked BBQ chicken served chopped with mild bbq sauce whole grain 'white' bread sweet potatoes steamed broccoli cuts 1% milk **</p> <p>fresh-cut <i>seasonal</i> melon 1% milk</p>	<p>13 applesauce whole wheat bread - jelly 1% milk **</p> <p>beef meatballs Romanas whole wheat breadstick steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>cheese n' whole wheat roll 1% milk</p>	<p>14 french toast & syrup fresh banana 1% milk **</p> <p>chicken "fried" brown rice with peas, carrots, and more. mandarin oranges in juice fresh cucumber slices reduced calorie ranch 1% milk **</p> <p>vanilla pudding & grahams 100% juice</p>	<p>17 whole wheat bagel-cream cheese diced apricots in light syrup 1% milk **</p> <p>chicken ZOO crew with whole grain breading seasoned black beans steamed carrot coins ketchup 1% milk **</p> <p>pineapple chunks in juice 1% milk</p>	<p>18 whole grain cereal "the Os" <i>seasonally sourced</i> fresh orange 1% milk **</p> <p>beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup 1% milk **</p> <p>fresh <i>seasonal</i> apple 1% milk</p>	<p>19 w.g. pineapple "crumb" muffin diced pears in juice 1% milk **</p> <p>cheddar cheese & MAC with whole grain "elbows" steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>fresh banana 1% milk</p>	<p>20 fresh-cut cantaloupe wedge whole grain cereal "squares" 1% milk **</p> <p>homestyle meatloaf in a light tomato brown gravy whole grain cornbread mashed potatoes steamed cut green beans 1% milk **</p> <p>mozzarella cheese stick 100% juice</p>	<p>21 whole grain waffle -syrup sliced apples in juice 1% milk **</p> <p>turkey breast n' cheese on <i>fresh baked</i> whole wheat roll mixed fruit in juice broccoli ranch salad light mayonnaise 1% milk **</p> <p>crunchy trail mix 1% milk</p>	<p>24 toasted oats & raisins <i>seasonally sourced</i> fresh orange 1% milk **</p> <p>savory beef meatballs in a stoganoff brown sauce whole wheat roll mashed potatoes steamed cut green beans 1% milk **</p> <p>banana pudding & grahams 100% juice</p>	<p>25 fresh banana whole wheat bread - jelly 1% milk **</p> <p>Hawaiian chicken whole grain 'white' bread brown sugar carrot coins Island potato & pasta salad ketchup 1% milk **</p> <p>cheese squares & crackers 100% juice</p>	<p>26 w.g. apple n' oats muffin fresh-cut <i>seasonal</i> melon 1% milk **</p> <p>Italian beef pizza wrap with mozzarella cheese & sauce in a whole grain tortilla lotsa bean pasta salad mixed fruit in juice 1% milk **</p> <p>texas honey cornbread-margarita 1% milk</p>	<p>27 pineapple chunks in juice whole wheat pancake(s) - syrup 1% milk **</p> <p>baked chicken pasta with whole grain rotini Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>fresh <i>seasonal</i> apple 1% milk</p>	<p>28 <i>fresh baked</i> w.g. biscuit - jelly applesauce 1% milk **</p> <p>turkey corny dog, or breaded fish "school" with whole grain breading bbq white beans steamed broccoli cuts 1% milk **</p> <p>cheddar goldfish 1% milk</p>	<p>31 whole grain cereal "the flaky one" fresh <i>seasonal</i> apple 1% milk **</p> <p>beef burger patty whole wheat burger bun baked tater wedge steamed carrot coins ketchup 1% milk **</p> <p>chilled diced pears in juice 1% milk</p>				
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committed to providing
freshness, variety,
and good nutrition
on a daily basis



lean meats
chicken breast meat
*
only fresh or frozen
veggies
*
fresh or natural juice
fruit
*
always whole grains



all food
produced
in a TDA
inspected
kitchen



"always
BAKED,
never
fried"



this menu contains:
no pork
or pork products
no peanuts
or peanut products



Notes: