

August



promiseland
Child Development Center

MONDAY

Breakfast:
Cereal, Oranges

Lunch: Mac & Cheese,
Green Beans, Peaches

PM Snack:
Goldfish

1

TUESDAY

Breakfast:
Mini Muffins, Yogurt

Lunch: Taco Salad,
Apricots

PM Snack:
Graham Crackers

2

WEDNESDAY

Breakfast:
Cereal, Apples

Lunch: Quesadillas,
Corn, Pears

PM Snack:
Chex Mix

3

THURSDAY

Breakfast: Ham & Cheese
Scramble

Lunch: Sloppy Joes, Mashed
Potatoes, Watermelon

PM Snack:
Pretzels

4

FRIDAY

Breakfast:
Cereal, Bananas

Lunch: Pizza, Mixed Vegetables,
Mixed Fruit

PM Snack:
Ritz Crackers

5

Breakfast:
Cereal, Oranges

Lunch: Pasta with Meat Sauce,
Dinner Roll, Peaches

PM Snack:
Graham Crackers

8

Breakfast:
Mini Muffins, Yogurt

Lunch: Chicken Tacos,
Corn, Apricots

PM Snack:
Goldfish

9

Breakfast:
Cereal, Applesauce

Lunch: BBQ Sandwiches,
Peas & Carrots, Pears

PM Snack:
Pretzels

10

Breakfast: French Toast,
Blueberries

Lunch: Frito Pie,
Mandarin Oranges

PM Snack:
Ritz Crackers

11

Breakfast:
Cereal, Bananas

Lunch: Chicken Nuggets,
Mixed Vegetables, Mixed Fruit

PM Snack:
Chex Mix

12

Breakfast:
Cereal, Oranges

Lunch: Mac & Cheese,
Green Beans, Peaches

PM Snack:
Goldfish

15

Breakfast:
Mini Muffins, Yogurt

Lunch: Tacos, Corn, Apricots

PM Snack:
Graham Crackers

16

Breakfast:
Cereal, Apples

Lunch: Turkey Sandwiches, Chips,
Fresh Bell Peppers, Pears

PM Snack:
Chex Mix

17

Breakfast: Ham & Cheese
Scramble

Lunch: Spaghetti with Meatballs,
Dinner Rolls, Mandarin Oranges

PM Snack:
Pretzels

18

Breakfast:
Cereal, Bananas

Lunch: Pizza, Mixed Vegetables,
Mixed Fruit

PM Snack:
Ritz Crackers

19

Breakfast:
Cereal, Oranges

Lunch: Pasta with Meat Sauce,
Dinner Roll, Peaches

PM Snack:
Graham Crackers

22

Breakfast:
Mini Muffins, Yogurt

Lunch: Taco Salad,
Apricots

PM Snack:
Goldfish

23

Breakfast:
Cereal, Apples

Lunch: Grilled Cheese,
Tomato Soup, Pears

PM Snack:
Pretzels

24

Breakfast: French Toast,
Blueberries

Lunch: Chicken and Rice with
Mushroom Gravy, Green Beans,
Mandarin Oranges

PM Snack: Ritz Crackers

25

Breakfast:
Cereal, Bananas

Lunch: Chicken Nuggets,
Mixed Vegetables, Mixed Fruit

PM Snack:
Chex Mix

26

Breakfast:
Cereal, Oranges

Lunch: Mac & Cheese,
Green Beans, Peaches

PM Snack:
Goldfish

29

Breakfast:
Mini Muffins, Yogurt

Lunch: Tacos, Corn, Apricots

PM Snack:
Graham Crackers

30

Breakfast:
Cereal, Applesauce

Lunch: Quesadillas,
Peas & Carrots, Pears

PM Snack:
Chex Mix

31

Breakfast and lunch are served with milk. Snacks are served with 100% fruit juice or water. **Menu items are subject to change.**