

MCAS CHERRY POINT CHILD DEVELOPMENT CENTER



August Menu 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. B: Cheerios, pears, milk L: Chicken fried rice, mixed vegetables, peaches, milk S: Mangos & Vanilla Wafers	3. B: Egg Pattie, toast, mixed fruit, milk L: BBQ Chicken, oranges, corn, roll, milk S: Lorna Doones, grape juice	4. B: Pancakes, syrup, strawberries, milk L: Fish nuggets, baked beans, applesauce, roll, milk S: Animal Crackers, apple juice *Chicken nuggets	5. B: Cheese Omelet, Croissant, jelly, peaches, milk L: Hamburger Steak, gravy, mashed potatoes, carrots, roll, milk S: Fresh Oranges, milk	6. B: Breakfast Pizza, syrup, mixed fruit, milk L: Breaded Pork Pattie, salad, peaches, roll, milk S: Chocolate Muffin, milk *gravy
9. B: Rice Krispies, applesauce, milk L: Baked Ham, broccoli, pears, wheat rolls, milk S: Peaches, milk *gravy	10. B: Waffles, strawberries, milk L: Fish sandwich, wheat bun, peas, mixed fruit, milk S: Crackers & cheese *Chicken nuggets	11. B: Raisin Toast, sausage, bananas, milk L: Beef soft tacos, cheese, lettuce, tomatoes, peaches, milk S: Trail Mix, apple juice	12. B: French toast, syrup, applesauce, milk L: Chicken nuggets, tater tots, mixed fruit roll, milk S: Goldfish, grape juice	13. B: Blueberry bagels, cream cheese, pears, milk L: Lemon chicken, potato salad, peaches, roll, milk S: Fresh Bananas, milk *Chicken nuggets
16. B: Cinnamon Toast Crunch, mixed fruit, milk L: Macaroni & cheese w/diced turkey ham, Squash medley, applesauce, roll, milk S: Apple cobbler, milk *chicken nuggets	17. B: English muffin, jelly, peaches, milk L: Chicken drummets, sweet potatoes wedge, collards, corn bread muffins, milk S: Mango & Vanilla Wafers	18. B: Cheese Omelet, Croissant, jelly, pears, milk L: Ham & cheese w/bun, carrots, oranges, milk S: String cheese, apple juice	19. B: Blueberry muffin, mixed fruit, milk L: Marinated Chicken, pasta salad, green beans, peaches, milk S: Fresh Oranges, milk	20. B: Biscuit, bacon, jelly, strawberries, milk L: Ravilio w/cheese sticks, side salad, pears, milk S: Grahams, milk
23. B: Kix cereal, applesauce, milk L: Sweet & Sour chicken, broccoli, mixed fruit, milk S: Peaches, milk *fish nuggets	24. B: Bagel w/blueberry topping, pears, milk L: Cheese Pizza, tossed salad, spiced apples, milk S: Fresh baked cookies, chocolate milk Pre-School Parent Lunch Rm 8, 9, 10	25. B: Pancakes, syrup, strawberries, milk L: Bean & cheese burrito, Mexican rice, peaches, corn, milk S: Fresh Bananas, milk Pre-School Parent Lunch Rm E, F, G, H, 10	26. B: English muffin, jelly, egg pattie, mixed fruit, milk L: Turkey & cheese w/bun, fries, green beans, milk S: Soft Pretzel w/mustard, apple juice *gravy Part-Day L: BIRTHDAY CAKE Parent Snack Rm 10	27. B: French toast, syrup, bananas, milk L: Beef stir fry w/brown rice, green & red peppers, applesauce, milk Part-Day L: BIRTHDAY CAKE S: BIRTHDAY CAKE, milk Parent Snack Rm 10
30. B: Corn flakes, mixed fruit, milk L: Spagetti w/meat sauce, cucumber & tomatoes w/Italian dressing, peaches, milk S: Cheese & roll	31. B: Apple cinnamon muffin, bananas, milk L: Chicken Patty w/bun, baked fries, corn, milk S: Peach cobbler, milk *Veggie Nuggets			

***Substitutions** Condiments: Ketchup, mayo, tartar sauce, Italian dressing, jelly (mixed fruit, strawberry, grape) cream cheese, and whipped cream **SUBSTITUTIONS MAY OCCUR**