

ESCNJ
Breakfast

August 3 - August 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fresh Orange -1 W/G Honey Scooters Cereal -1oz W/G Apple Breakfast Bar-1 Milk-8 oz.	4 Diced Peach Cup -1/2c 100% Apple Juice -4oz W/G Blueberry Poptarts -2pk Milk-8 oz.	5 Applesauce Cup - 1/2c. 100% Fruit Punch -4oz W/G Frosted Mini Wheats Cereal-1oz W/G Corn Muffin -2oz. Milk-8 oz.	6 Fresh Pear-1 W/G Cinnamon Raisin Bagel with Cream Cheese -1 Milk-8 oz.	7 Diced Pear Cup - 1/2c. 100% Apple Juice - 4oz. W/G Superdonut - 1 Milk-8 oz.
10 Pineapple Cup - 1/2c 100% Apple Juice- 4oz.. W/G Special K Cereal-1oz. W/G Graham Crackers -3pk Milk-8 oz.	11 Peach Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Corn Flakes Cereal - 1oz. W/G Vanilla Bear Grahams-2pk Milk-8 oz.	12 Mandarin Orange Cup - 1/2c 100% Orange Tangerine Juice-4oz. W/G Cocoa Bread Slice -1 Milk-8 oz.	13 Fresh Orange - 1 W/G Honey Scooters Cereal -1oz. W/G Chocolate Loaf - 2oz. Milk-8 oz.	14 Mixed Fruit Cup -1/2c 100% Grape Juice - 4oz. W/G Cinnamon Poptarts -2pk Milk-8 oz.
17 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Blueberry Muffin-2oz. Milk-8 oz.	18 Fresh Pear - 1 W/G Toasted Oats Cereal -1oz. W/G Strawberry Breakfast Bar -1 Milk-8 oz.	19 Fresh Orange-1 W/G Cinnamon Raisin Bagel w/ Cream Cheese - 1 Milk-8 oz.	20 Diced Peach Cup - 1/2c 100% Strawberry Kiwi Juice-4oz. W/G Krispy Rice Cereal -1oz. W/G Corn Muffin- 2oz. Milk-8 oz.	21 Mixed Fruit Cup -1/2c 100% Apple Juice - 4oz. W/G Corn Chex Cereal -1oz. W/G Banana Muffin -2oz. Milk-8 oz.
24 Peach Applesauce Cup - 1/2c 100% Grape Juice - 4oz. W/G Corn Flakes Cereal -1oz. W/G Scooby Snacks-1 Milk-8 oz.	25 Fresh Orange-1 W/G Superdonut - 1 Milk-8 oz.	26 Applesauce Cup - 1/2c. 100% Apple Juice -4oz. W/G Multigrain Cheerios-1oz W/G Corn Muffin -2oz. Milk-8 oz.	27 Diced Peach Cup - 1/2c 100% Fruit Punch -4oz. W/G Raisin Bran Cereal-1oz W/G Chocolate Loaf - 2oz. Milk-8 oz.	28 Diced Pear Cup - 1/2c. 100% Strawberry Kiwi Juice -4oz. W/G Croissant with Margarine-1 Milk-8 oz.
31 Fresh Apple-1 W/G Honey Scooters Cereal -1oz W/G Apple Breakfast Bar-1 Milk-8 oz.				

ESCNJ
Lunch

August 3 - August 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 W/G Chicken Fries - 8 Cut Yams - 1 1/4c Fresh Pear-1 Wheat Dinner Roll -1 Milk -8oz	4 W/G Toasted Cheese Sandwich -1 3 Bean Salad Cup -1c Fresh Apple-1 Milk-8 oz.	5 Macaroni & Cheese -6oz Diced Carrots - 1 1/4c Fresh Pear-1 Whole Grain Bread Slice-1 Milk-8oz	6 Tri-Color Tortellini w/ Alfredo Sauce-3oz Sliced Cucumbers -1c w/ Dip Fresh Banana -1 Wheat Dinner Roll-1 Milk-8 oz.	7 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk-8 oz.
10 W/G Stuffed Shells -2 w/ Spaghetti Sauce Green Beans - 1c Fresh Orange -1 Whole Grain Bread Slice-1 Milk-8 oz.	11 All Beef Hamburger on Wheat Hamburger Bun - 1 Vegetarian Beans - 1c Fresh Apple-1 Milk-8 oz.	12 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops-1 Grape Tomatoes - 1 1/4c Fresh Pear-1 Milk-8oz.	13 Breaded Chicken Patty with Gravy - 3oz. French Fries - 1c. Fresh Banana -1 Whole Grain Bread Slice- 1 Milk-8 oz.	14 W/G Turkey & Beef Pepperoni Pizza Pocket-1 Romaine Salad w/ Dressing -2c Fresh Orange-1 Milk-8 oz.
17 French Toast Sticks-3 Turkey Sausage Patty -2 Cold Corn Cup -1c. Fresh Orange -1 Milk-8 oz.	18 Turkey & American Cheese on W/G Potato Bun - 1 Sliced Carrots -1 1/4c Fresh Apple-1 Milk-8 oz.	19 Beef Meatballs Parmigiana on Wheat Sub Roll - 1 Mixed Vegetables - 1c Fresh Pear-1 Milk-8oz.	20 Cavatappi Pasta & Broccoli w/ Alfredo Sauce-3oz Fresh Banana-1 Wheat Dinner Roll-1 Milk-8 oz.	21 Whole Wheat 3x5 Cheese Pizza-2 3 Bean Salad Cup-1c Fresh Orange-1 Milk-8 oz.
24 Macaroni & Cheese -6oz Mixed Vegetables - 1c Fresh Orange -1 Whole Grain Bread - 1 Milk-8 oz.	25 W/G Fiesta Beef & Cheese Wrap-1 Grape Tomatoes - 1 1/4c Fresh Apple-1 Milk-8 oz.	26 Chicken Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops-1 Black Bean & Corn Cup - 1c Fresh Pear-1 Milk-8oz.	27 W/G Chicken Fingers -3 Plantains -1c Fresh Banana -1 Whole Grain Bread Slice-1 Milk-8 oz.	28 W/G Turkey & Beef Pepperoni Pizza Pocket-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk-8 oz.
31 All Beef Hot Dog on Wheat Hot Dog Bun-1				MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches,Pears, and Pineapple)