

AUGUST 2019

Organic whole milk is served to children under two in the infant and toddler programs. Children two and older will be served 1% or skim milk. One-grain rich food is served every day.

POM serves the following cereals:
Hy-Vee - Tastee-O's - 2 grams of sugar per 1.5 cup serving size, and Chex - Gluten Free - 2 grams of sugar per 1.5 cup serving size.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast JULY 29 Whole Wheat Pancakes, Fruit, Milk</p> <p>Lunch Fresh Baked Chicken Salad Sand on WW bun, Veggies, Milk</p> <p>Snack Homemade Cereal Bars, Milk</p>	<p>Breakfast 30 Scrambled Eggs, WW English Muffins, Fruit, Milk</p> <p>Lunch Soft Shell Tacos, Spanish Rice, Fruit, Veggies, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>Breakfast 31 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Lasagna Hot Dish w/Veggies & WW Pasta, Fruit, Milk</p> <p>Snack Homemade Shortcake w/Fruit, Milk</p>	<p>Breakfast AUG 1 Fresh Baked Scone, Fruit, Milk</p> <p>Lunch WW Pizza w/Cheese Veggies, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>Breakfast 2 Strawberry Oatmeal bake, Fruit, Milk</p> <p>Lunch WW Turkey & Cheese Pinwheels w/veggies, Fruit, Milk</p> <p>Snack Zucchini Bread w/Cinnamon Butter, Milk</p>
<p>Breakfast 5 Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Sloppy Joes on WW Bun, Fruit, Cole Slaw, Milk</p> <p>Snack Yogurt, Fruit, Water</p>	<p>Breakfast 6 Yogurt Partait, w/ Fruit & Granola, Milk</p> <p>Lunch Stroganoff Over Noodles, Veggies, Fruit, Milk</p> <p>Snack Veggies & Hummus, Milk</p>	<p>Breakfast 7 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch BBQ Chickeen pinwheels, Veggie, Fruit, Milk</p> <p>Snack Banana pancakes w/Milk</p>	<p>Breakfast 8 Fresh Baked Scone, Fruit, Milk</p> <p>Lunch Quesidillas w/turkey, Veggies, Fruit, Milk</p> <p>Snack String Cheese, Fruit, Water.</p>	<p>Breakfast 9 Quiche, Fruit, Toast, Milk</p> <p>Lunch All Natural Macaroni & Cheese, Fruit, Veggie, Milk</p> <p>Snack Chef's Choice, Milk</p>
<p>Breakfast 12 Buckwheat Pancakes, Fruit, Milk</p> <p>Lunch WW Spaghetti Meatballs, Veggies, Fruit, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>Breakfast 13 Scrambled Eggs, Toast, Fruit, Milk</p> <p>Lunch Chicken Rice Casserole W/Veggies, Fruit, Milk</p> <p>Snack Homemade Banana Ice Cream w/cocoa, Water</p>	<p>Breakfast 14 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Turkey Burgers on WW Bun, Fruit, Veggie, Milk</p> <p>Snack Zucchini Bread with Cinnamon Butter, Milk</p>	<p>Breakfast 15 Breakfast biscuits w/turkey & cheese, Fruit, Milk</p> <p>Lunch Soft Shell Tacos, Whole Grain Rice, Fruit, Veggies, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>Breakfast 16 Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Turkey Sandwich on WW, Soup, Fruit, Milk</p> <p>Snack Fruit, Graham Cracker Bars, Water</p>
<p>Breakfast 19 Breakfast Parfait w/English muffins, Fruit, Milk</p> <p>Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Homemade Banana Bread, Milk</p>	<p>Breakfast 20 WW English Muffins, Scrambled Eggs, Fruit, Milk</p> <p>Lunch WW Spaghetti & Meat Balls, Veggies, Fruit, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>Breakfast 21 Sugar Free Cereal, Berries, Milk</p> <p>Lunch Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk</p> <p>Snack Fruit & Cheese, Water</p>	<p>Breakfast 22 Whole Wheat Pancakes, Fruit, Milk</p> <p>Lunch Turkey Burger on WW Bun, Veggies, Fruit, Milk</p> <p>Snack Chefs Choice</p>	<p>Breakfast 23 Kale Fruit Smoothies, Whole Wheat Toast, Milk</p> <p>Lunch Chicken Alfredo w/Veggies, Fruit, Milk</p> <p>Snack Fresh Fruit, Graham Cracker Bars, Water</p>
<p>Breakfast 26 Bagels w/cream cheese, fruit, Milk</p> <p>Lunch Baked Chicken, WW Pasta Salad, Squash, Fruit, Milk</p> <p>Snack Home made banana ice cream, milk</p>	<p>Breakfast 27 Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Sloppy Joes on WW Bun, Veggies, Fruit, Milk</p> <p>Snack String Cheese, Apples, Water</p>	<p>28 All Programs Closed - Staff Training</p>	<p>Breakfast 29 Breakfast biscuit w/egg & cheese, Fruit, Milk</p> <p>Lunch Fresh Baked Chicken Salad Sand on WW bun, Veggies, Milk</p> <p>Snack Homemade Oatmeal Bars, Fruit, Water</p>	<p>Breakfast 30 Quiche, Roasted Potatoes, Fruit, Milk</p> <p>Lunch All Natural WW Mac & Cheese, Veggies, Fruit, Milk</p> <p>Snack Bananas, Graham Crackers, Milk</p>

