



Summer Weekly Meal Schedule

Week of August 31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Break-fast	Pancakes Boiled Eggs Orange Slices Milk	Cornmeal Porridge Banana Milk	Homemade Muffin Cantaloupe Milk	Cheerios Cereal Strawberries Milk	Cheesy Grits Turkey Bacon Oranges
AM/PM Snack	A variety of Fruits, Veggies, Crackers, Cheeses or Yogurt				
Lunch	WW Spaghetti & Meatballs Spinach Cantaloupe	Creamy Chicken Brown Rice California Med- ley Pineapple	Sweet & Sour Chicken Brown Rice Carrots Peaches	Turkey Slices, Cheddar Cheese & Spinach on a WW Tortilla Mango	Beef Burgers Beef Hot Dogs French Fries Apple Slices

*Menu is subject to change

Meal Alternatives include choice cereal, grilled cheese or PB&J Sandwich