

# SUPPER MEALS - August 2019

Kit provides: 2 oz M/MA, 1 oz WGR, & 1/2 c F or V = COMPLETE SUPPER

OVS= 8 oz milk & 1/2 c vegetables

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>August 15-16</b>				<b>Tuna Cup, Tortilla Chips, Dried Cranberries</b>	<b>Peanut butter cup, Cheddar Cubes, Pretzel Goldfish &amp; Fresh Fruit</b>
<b>Recipe #</b>					
<b>M/MA (2 oz)</b>				Tuna cup (F)(0g)	Peanutbutter Cup (P)(8g) Cheddar Cubes (D)(0g)
<b>Grain (1 oz)</b>				1.5 oz Tortilla chips (none) (28g)	Pretzel Goldfish (D,W)(16g)
<b>Fruit or Veg 1/2 cup</b>				Craisins (28g)	Fresh Fruit (15 g)
<b>Cond</b>				Mayo (E,S)(1g)	
<b>Utensils</b>				fork	
<b>total items:</b>				5	4
<b>Items provided by site:</b>					
<b>Veg (1/2 c)</b>				Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
<b>Milk (8 oz)</b>				1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
<b>Condiments</b>				Ranch (D,E,W)	Ranch (D,E,W)
<small>servings day</small>				1	2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>August 19-23</b>	<b>Churro Sticks, 4 oz yogurt cup, Honey Roasted Seeds &amp; Craisins</b>	<b>Smuckers PB&amp;J, String Cheese, &amp; Juice Kit</b>	<b>Cinnamon Crisps, 4 oz Straw/Ban yogurt, &amp; Cheese &amp; Mango Tube</b>	<b>Turkey Jerky Stick, Egg, Jalapeno Cheese Puffs &amp; Juice</b>	<b>Heartzels, Turkey Stick, Colby Stick, Applesauce</b>
<b>Recipe #</b>		S15204			
<b>M/MA (2 oz)</b>	4 oz vanilla yogurt (D)(20g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Straw/Banana Yogurt (D) (20g) Cheddar Cubes (D)(0g)	Turkey Jerky Stick (none)(1g) Hardboiled Egg (E)(1g)	1 Turkey Stick (0 g) Colby Jack Cheese (D)(0g)
<b>Grain (1 oz)</b>	2 Churro Sticks (E,S,W)(29g)		Cinnamon Crisps (D,S,W)(25g)	Jalapeno Cheese Puffs (D)(15 g)	Heartzel Pretzels (W)(15g)
<b>Fruit or Veg 1/2 cup</b>	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Fruti Fruit Mango tube (none) (13g)	Raisins (none)(30g)	Applesauce cup (14g)
<b>Cond</b>					
<b>Utensils</b>	spoon		spoon		spoon
<b>total items:</b>	4	3	5	4	5
<b>Items provided by site:</b>					
<b>Veg (1/2 c)</b>	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
<b>Milk (8 oz)</b>	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
<b>Condiments</b>	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)
<small>servings day</small>	3	4	5	6	7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>August 26-30</b>	<b>Mini Pancakes &amp; Yogurt &amp; Seeds &amp; Dried Cranberries</b>	<b>Smuckers PB&amp;J, String Cheese, &amp; Juice Kit</b>	<b>Turkey Ham Croissant Sandwich with Juice</b>	<b>Chicken Bites, Juice, &amp; Dipping Sauce</b>	<b>Peanut butter, Cheez Its, Cheddar Cubes, &amp; Apple Slices</b>
<b>Recipe #</b>	S15801	S15204	S15834		
<b>M/MA (2 oz)</b>	4 oz vanilla yogurt (D)(20g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	Chicken Chunks (5 ea) (D,W)(17g)	Peanutbutter Cup (P)(8g) Cheddar Cubes (D)(0g)
<b>Grain (1 oz)</b>	Mini Pancakes (D,E,S,W)(34g)				
<b>Fruit or Veg 1/2 cup</b>	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Applesauce cup (14g)	Fresh Fruit (15g)	Apple Slices (8g)
<b>Cond</b>				Boom Boom Sauce (E)(2g)	
<b>Utensils</b>	spoon				
<b>total items:</b>	4	3	2	3	4
<b>Items provided by site:</b>					
<b>Veg (1/2 c)</b>	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
<b>Milk (8 oz)</b>	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
<b>Condiments</b>	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)	Ranch (D,E,W)
<small>servings day</small>	8	9	10	11	12

Carbohydrates noted ( \_ g) **ALLERGENS NOTED: D = Dairy, E = Eggs, F = Fish, P = Peanuts, S = Soy, T = Treenuts, W = Wheat**