

AUGUST 2023



Care a lot

"Where caring is at the heart of what we do!"



Cheesecake Parfaits

Ingredients:

- Oat Crumble 1 C rolled oats
1 1/2 tbsp. maple syrup
1/4 tsp. cinnamon
- Cheesecake Filling 4 oz cream cheese (rm temp)
1/4 C plain yogurt
2 tbsp. honey
1 tsp. vanilla extract
- Berry Layer 1 C blueberries
1/2 C sliced strawberries
1/2 C raspberries

Instructions:

1. Preheat oven to 425 degrees F.
2. Spread oats out in a single layer on a baking sheet and toast for 5-6 minutes until golden.
3. Mix oats, maple syrup, and cinnamon.
4. Add cheesecake filling ingredients to a small mixing bowl and beat until smooth.
5. Spoon a small amount of oat mixture into four dishes. Top with a layer of cheesecake filling, followed by a layer of blueberries.
6. Repeat the three layers substituting strawberries and raspberries for blueberries on top.
7. Sprinkle with remaining oat crumble.
8. Place dishes in refrigerator and chill for two hours before serving.

	<p><u>1</u> Breakfast Hot Biscuit Fruit Cocktail</p> <p><u>Lunch</u> Ravioli & Meat Sauce Broccoli Diced Pears</p> <p><u>Snack</u> Grapes Goldfish Crackers</p>	<p><u>2</u> Breakfast Waffles Apricot Halves</p> <p><u>Lunch</u> BBQ Chicken Corn Whole Wheat Rolls Mandarin Oranges</p> <p><u>Snack</u> Wheat Crackers Apple Slices</p>	<p><u>3</u> Breakfast Bagel Peaches</p> <p><u>Lunch</u> Chicken Nuggets Green Beans Strawberries Whole Wheat Roll</p> <p><u>Snack</u> Soft Pretzel Cheddar Cheese</p>	<p><u>4</u> Breakfast Cinnamon Wheat Toast Fresh Banana Slices</p> <p><u>Lunch</u> Ham & Cheese Whole Wheat Wrap Broccoli Fruit Salad</p> <p><u>Snack</u> Yogurt with Blueberries</p>
<p><u>7</u> Breakfast Rice Krispies Yogurt</p> <p><u>Lunch</u> Chicken Pasta w/Peas and Carrots Applesauce</p> <p><u>Snack</u> Whole Wheat Pita Cucumber Slices</p>	<p><u>8</u> Breakfast Muffin Banana</p> <p><u>Lunch</u> Soybutter and Jelly Sandwich on whole wheat bread Veggies Fruit Cocktail</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>	<p><u>9</u> Breakfast French Toast sticks Sliced Peaches</p> <p><u>Lunch</u> Sloppy Joe Whole Wheat Roll Sweet Potato Fries Apple Slices</p> <p><u>Snack</u> Animal Crackers Pears</p>	<p><u>10</u> Breakfast Corn Bread Pineapple Tidbits</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><u>Snack</u> Ants on a Log (Banana, Soy Butter & Raisins)</p>	<p><u>11</u> Breakfast Life Cereal Oranges</p> <p><u>Lunch</u> Pasta and Meat Sauce Broccoli Tropical Fruit</p> <p><u>Snack</u> Whole Wheat Goldfish Watermelon</p>
<p><u>14</u> Breakfast Cheerios Yogurt</p> <p><u>Lunch</u> Chicken Taco on Whole Wheat Wrap w/ Lettuce & Cheese Pineapple Chunks</p> <p><u>Snack</u> Salsa Baked Pita Bread</p>	<p><u>15</u> Breakfast Wheat Toast Bananas</p> <p><u>Lunch</u> Baked Beans w/ Hot dogs Whole wheat roll Applesauce</p> <p><u>Snack</u> Strawberries Vanilla Yogurt</p>	<p><u>16</u> Breakfast Corn Bread Diced Pears</p> <p><u>Lunch</u> BBQ Chicken Whole Wheat Roll Green Salad Diced Peaches</p> <p><u>Snack</u> Watermelon Wheat Thins</p>	<p><u>17</u> Breakfast Whole Wheat Apple Cinnamon Muffin Banana</p> <p><u>Lunch</u> Hamburger Sliders Sweet Potato Tater Tots Pineapple Tidbits</p> <p><u>Snack</u> Trail Mix Grapes</p>	<p><u>18</u> Breakfast Whole Wheat English Muffin Apple</p> <p><u>Lunch</u> Ham Sandwich Tropical Fruit Carrot Sticks</p> <p><u>Snack</u> Cheddar Cheese Wheat Crackers</p>

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Watermelon Lemonade

<p><u>21</u> <u>Breakfast</u> Corn Flakes (2gof S) Yogurt</p> <p><u>Lunch</u> Ravioli & Meat Sauce Broccoli Diced Peaches</p> <p><u>Snack</u> 1/2 Soy Butter & Jelly Sandwich on whole wheat bread</p>	<p><u>22</u> <u>Breakfast</u> Hot Biscuit Fruit Cocktail</p> <p><u>Lunch</u> Baked Beans w/ Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><u>Snack</u> Grapes Goldfish Crackers</p>	<p><u>23</u> <u>Breakfast</u> Waffles Pears</p> <p><u>Lunch</u> Chicken with Veggies and Brown Rice Diced Peaches</p> <p><u>Snack</u> Wheat Crackers Apple Slices</p>	<p><u>24</u> <u>Breakfast</u> Bagel Peaches</p> <p><u>Lunch</u> Chicken Nuggets Green Beans Strawberries Whole Wheat Roll</p> <p><u>Snack</u> Soft Pretzel Cheddar Cheese</p>	<p><u>25</u> <u>Breakfast</u> Cinnamon Wheat Toast Fresh Banana Slices</p> <p><u>Lunch</u> Ham & Cheese Whole Wheat Wrap Corn Fruit Salad</p> <p><u>Snack</u> Yogurt with Blueberries</p>
<p><u>28</u> <u>Breakfast</u> Rice Krispies Yogurt</p> <p><u>Lunch</u> Chicken Pasta w/Peas and Carrots Peaches</p> <p><u>Snack</u> Whole Wheat Pita Cucumber Slices</p>	<p><u>29</u> <u>Breakfast</u> Muffin Banana</p> <p><u>Lunch</u> Soy butter and Jelly Sandwich on whole wheat bread Veggies Fruit Cocktail</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>	<p><u>30</u> <u>Breakfast</u> French Toast Sticks Sliced Peaches</p> <p><u>Lunch</u> Sloppy Joe Whole Wheat Roll Sweet Potato Fries Apple Slices</p> <p><u>Snack</u> Animal Crackers Pears</p>	<p><u>31</u> <u>Breakfast</u> Corn Bread Pineapple Tidbits</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><u>Snack</u> Ants on a Log (Banana, Soy Butter & Raisins)</p>	



Ingredients:

- 4 C watermelon, chopped
- 1 1/2 C lemon juice
- 1/2 C sugar
- 6 C cold water

Instructions:

1. Blend together chopped watermelon and melon juice in blender until smooth.
2. Pour into a large pitcher. Add sugar and cold water; stir well.
3. Pour over ice and enjoy!



Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change

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