

LMC Children Services - Menu

AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12. Supper 8oz – Lowfat Milk 2oz – Chicken Breast 2oz – WG Bun 4oz - Pickles 3oz – Fresh Fruit</p> <p>Snack 1oz – Granola Bars 6oz – 100% Fruit Juice</p>	<p>13. Supper 8oz – Lowfat Milk 2oz – Mozzarella Sticks 2oz – WG Breadding 4oz – Grape Tomato 3oz – Fresh Fruit</p> <p>Snack 1oz – Doritos 6oz – 100% Fruit Juice</p>	<p>14. Supper 8oz – Lowfat Milk 2oz – Meatball Sub 2oz – WG Roll 4oz – Carrot Dippers 3oz – Fresh Fruit</p> <p>Snack 1oz – Cereal Bars 6oz – 100% Fruit Juice</p>	<p>15. Supper 8oz – Lowfat Milk 2oz – Fajita Chicken Bowl 2oz – WG Rice 4oz – Onions/Peppers 3oz – Fresh Fruit</p> <p>Snack 1oz – Banana Muffin 6oz – 100% Fruit Juice</p>	<p>16. Supper 8oz – Lowfat Milk 2oz – Cheese Pizza 2oz – WG Pizza Crust 4oz – Corn 3oz – Fresh Fruit</p> <p>Snack 1oz – Honey Bun 6oz – 100% Fruit Juice</p>
<p>19. Supper 8oz – Lowfat Milk 2oz – Turkey & Cheese 2oz – WG Croissant 4oz- Cole Slaw 3oz – Fresh Fruit</p> <p>Snack 1oz – Scooby Doo Graham 6oz – 100% Fruit Juice</p>	<p>20. Supper 8oz – Lowfat Milk 2oz – Cheeseburger 2oz – WG Bun 4oz – Baked Beans 3oz – Fresh Fruit</p> <p>Snack 1oz – Blueberry Muffin 6oz – 100% Fruit Juice</p>	<p>21. Supper 8oz – Lowfat Milk 2oz – Baked Potato Bar 2oz – Hickory Chicken 4oz – Green Beans 3oz – Fresh Fruit</p> <p>Snack 1oz-WG Powder Doughnut 6oz – 100% Fruit Juice</p>	<p>22. Supper 8oz – Lowfat Milk 2oz – Chicken Tender 2oz – Waffle 4oz – Tater Tots 3oz – Fresh Fruit</p> <p>Snack 1oz – Pop Tart 6oz – 100% Fruit Juice</p>	<p>23. Supper 8oz – Lowfat Milk 2oz – Cheese Pizza 2oz – WG Pizza Crust 4oz – Carrot Dippers 3oz – Fresh Fruit</p> <p>Snack 1oz -Nutri-Grain Bar 6oz – 100% Fruit Juice</p>

<p>26. Supper 8oz – Lowfat Milk 2oz – Pizza Cruncher 2oz – Crust 4oz – Green Beans 3oz – Fresh Fruit</p> <p>Snack 1oz – WG Honey Bun 6oz – 100% Fruit Juice</p>	<p>27. Supper 8oz – Lowfat Milk 2oz – Walking Taco 2oz – WG Chips 4oz – Pinto Beans 3oz – Fresh Fruit</p> <p>Snack 1oz – Cereal Bars 6oz – 100% Fruit Juice</p>	<p>28. Supper 8oz – Lowfat Milk 2oz – Chicken Drumsticks 2oz – Breading 4oz – Cheesy Broccoli 3oz – Fresh Fruit</p> <p>Snack 1oz – Banana Bread 6oz – 100% Fruit Juice</p>	<p>29. Supper 8oz – Lowfat Milk 2oz – Corn Dog 2oz – Breading 4oz – Potato Tots 3oz – Fresh Fruit</p> <p>Snack 1oz – Cheez It Crackers 6oz – 100% Fruit Juice</p>	<p>30. Supper 8oz – Lowfat Milk 2oz – Cheese Pizza 2oz – WG Crust 4oz – Corn 3oz – Fresh Fruit</p> <p>Snack 1oz – Bug Bite Grahams 6oz – 100% Fruit Juice</p>
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WG – Whole Grain Rich

**1% unflavored milk or fat-free flavored milk served to participants.
All participants are aged 6 or older**

This institution is an equal opportunity provider.