

Santa Cruz Gardens Children's Center
August 2019

				Thursday 8/1	Friday 8/2
am snack				Yogurt, home made granola, and fruit	Homemade applesauce bread, fruit and milk
lunch				Chicken nuggets, veggie, fruit and milk	Sliced turkey & cheese, Hawaiian rolls, veggies, fruit and milk
pm snack				Whole grain crackers, veggies and hummus	Sunflower butter, graham crackers and fruit
	Monday 8/5	Tuesday 8/6	Wednesday 8/7	Thursday 8/8	Friday 8/9
am snack	Bagels, cream cheese and fruit	Yogurt, fruit and home made granola	Hard boiled eggs, toast and fruit	Belvita crackers, sunflower butter, fruit and milk	Cereal, fruit and milk
lunch	Turkey sloppy joes on buns, veggies, fruit and milk	Pot stickers, edamame, rice, veggies, fruit and milk	Homemade mac and cheese, veggies, fruit and milk	Refried beans & cheese, flour & corn tortillas, veggies, fruit and milk	Chicken salad, whole grain crackers, veggies, fruit and milk
pm snack	Goldfish crackers, raisins and milk	Hummus, crackers and veggies	Pirates booty, string cheese and veggies	Yogurt, graham crackers and fruit	Whole grain crackers, string cheese and veggies
	Monday 8/12	Tuesday 8/13	Wednesday 8/14	Thursday 8/15	Friday 8/16
am snack	Wheat thin crackers, string cheese and fruit	Homemade applesauce bread, fruit and milk	Cinnamon toast, fruit and milk	Yogurt, fruit and graham crackers	Waffles, maple syrup, fruit and milk
lunch	Hummus, sliced cheese, pita, cucumbers, fruit and milk	Cheese pizza on pita bread, veggies, fruit and milk	Tuna salad, whole grain crackers veggies, fruit and milk	Pasta with meat sauce, parmesan cheese, veggies, fruit and milk	Baked tofu, rice, veggies, fruit and milk
pm snack	Smoothies(fruit& yogurt) and crackers	Yogurt, graham crackers and fruit	Fig bars, fruit, and milk	Hummus, pita triangles and cucumbers	Sun flower butter, graham crackers and fruit
	Monday 8/19	Tuesday 8/20	Wednesday 8/21	Thursday 8/22	Friday 8/23
am snack	Bagels, cream cheese,& fruit	Hard boiled eggs, toast and fruit	Rice cakes, cream cheese and fruit	Waffles, maple syrup, fruit and milk	Cereal, fruit and milk
lunch	Chicken nuggets, veggies, fruit and milk	Refried beans & cheese, flour & corn tortillas, veggies, fruit and milk	Sliced turkey and cheese, whole wheat bread, veggies, fruit and milk	Turkey sloppy joes on buns, veggies, fruit and milk	Quesadillas(cheese and flour tortillas)veggies, fruit and milk
pm snack	String cheese, crackers and fruit	Gold fish crackers, sliced cheese and veggies	Graham crackers , sunflower butter, fruit and milk	Whole wheat saltine crackers, sun flower butter and fruit	Homemade trail mix, milk and fruit
	Monday 8/26	Tuesday 8/27	Wednesday 8/28	Thursday 8/29	Friday 8/30
am snack		Graham crackers, applesauce and milk	Waffles, maple syrup, fruit and milk	Bagels, sunflower butter, fruit and milk	Yogurt, home made granola and fruit
lunch	Preschool Closed Teacher Work Day	Sun flower butter& fruit spread sandwiches, veggies, fruit and milk	Baked tofu, rice, veggies, fruit and milk	Pasta with meat sauce, parmesan cheese, veggies, fruit and milk	Scrambled eggs, whole wheat toast, shredded cheese, veggies, fruit and milk
pm snack		Yogurt, fruit and home made granola	Belvita crackers, raisins and sunflower butter	Fig bars, fruit, and milk	Graham crackers, sunflower butter and fruit