



BREAKFAST

MONDAY August 15	TUESDAY August 16	WEDNESDAY August 17	THURSDAY August 18	FRIDAY August 19
Pancakes Apple Sauce	Omlets Salsa Sliced Oranges Biscuit	Fruit Loop Kits Juice_____ Graham	Bagel Cream Cheese Diced Peaches	Turkey Ham Biscuit Pineapple Tidbits
Milk	Milk	Milk	Milk	Milk

LUNCH

MONDAY August 15	TUESDAY August 16	WEDNESDAY August 17	THURSDAY August 18	FRIDAY August 19
Wedge Sandwich Turkey Potato Salad Sliced Peaches	Turkey& Chees Mac Garden Salad Green Beans Apple Garlic Bread	Grilled Cheese Mixed Vegetable Sliced Melons	B.B.Q Pulled Chicken Corn on Cob Early Peas Fruit Cup Wheat Bun	Breaded Fish Cole Slaw Seasoned Beans Pear Halves Hushuppies
Milk	Milk	Milk	Milk	Milk

Note: Menu subject to change. Nutrition Services Department will notify by way of email or phone.



BREAKFAST

MONDAY August 22	TUESDAY August 23	WEDNESDAY August 24	THURSDAY August 25	FRIDAY August 26
Waffles Baked Apple Milk	Cinnamon Toast Kit Graham Cracker Juice _____ Milk	Chicken Nugget Sliced Pineapples Biscuit Milk	Muffin Kit Apple Sauce Graham Cracker Milk	Grits Turkey Sausage Biscuit Apple Juice Milk

LUNCH

MONDAY August 22	TUESDAY August 23	WEDNESDAY August 24	THURSDAY August 25	FRIDAY August 26
Turkey Wrap Pasta Salad Salsa Strawberries Milk	Grilled Chicken Steamed Spinach Glazed Carrots Orange Wedges Corn Bread Milk	Tuna Salad on Mixed Lettuce Melon Crackers or Wheat Bun Milk	Chicken Taco Shredded Lettuce-Cheese- Diced Tomatoes- Mexican Corn Mandarian Oranges Tortilia Shell (Soft) Milk	Salisbury Steak Broccoli Mashed Potatoes Apple Roll Milk

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BREAKFAST

MONDAY August 29	TUESDAY August 30	WEDNESDAY August 31	THURSDAY September 1	FRIDAY September 2
Oatmeal Peaches Raisin Bread	Cereal _____ Banana	Turkey Sausage Biscuit Orange Juice	Boiled Egg Bagel-Cream Cheese Diced Peaches	Cinnamon Bun Apple Sauce
Milk	Milk	Milk	Milk	Milk

LUNCH

MONDAY August 29	TUESDAY August 30	WEDNESDAY August 31	THURSDAY September 1	FRIDAY September 2
Baked Chicken Turnip Greens Yams Corn Bread	Curry Chicken Black Beans & Rice Steamed Carrots Melon Tortilla Shell	Hamburger-Cheese Shredded Lettuce & Pickles Potato Salad Orange Slices or Wedges Wheat Bun	Baked Potato w/ Cheese and Turkey Ham Garden Salad Mandarian Oranges and Cranraisins Roll	Breaded Fish or Sticks Peas and Carrots Mashed Potatoes Fruit Cup Hushpuppies
Milk	Milk	Mil	Milk	Milk

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The Basic Food Groups

Child Meal Pattern Food Components - Ages 2-5

Child Meal Pattern Breakfast Select All Three Components for a Reimbursable Meal			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
1 milk fluid milk	1/2 cup	3/4 cup	1 cup
1 fruit/vegetable juice, ² fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
1 grains/bread³ bread or	1/2 slice	1/2 slice	1 slice
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs.

They may not be served less than the minimum quantities listed in this column.

² Fruit or vegetable juice must be full-strength.

³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

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Child Meal Pattern Lunch or Supper			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
1 milk fluid milk	1/2 cup	3/4 cup	1 cup
2 fruits/vegetables juice, ² fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
1 grains/bread³ bread or	1/2 slice	1/2 slice	1 slice
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup

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1 meat/meat alternate	1 ounce	1 1/2 ounces	2 ounces
meat or poultry or fish ⁴ or	1 ounce	1 1/2 ounces	2 ounces
alternate protein product or	1 ounce	1 1/2 ounces	2 ounces
cheese or	1/2 egg	3/4 egg	1 egg
egg or	1/4 cup	3/8 cup	1/2 cup
cooked dry beans or peas or	2 Tbsp.	3 Tbsp.	4 Tbsp.
peanut or other nut or seed butters or	1/2 ounce	3/4 ounce	1 ounce
nuts and/or seeds ⁵ or	4 ounces	6 ounces	8 ounces
yogurt ⁶			

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Fruit or vegetable juice must be full-strength.

³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁵ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.

⁶ Yogurt may be plain or flavored, unsweetened or sweetened.

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