

Kingston Children's Center

Weekly Meal Plan For August 26-30, 2019

	<i>Breakfast</i>	<i>Lunch</i>	<i>Snack</i>
Monday	Whole Grain Cereal, 100% Fruit Juice, Fluid Milk	Roasted Turkey and Cheese Sandwich on Whole Wheat Bread, Green Beans, Dried Cranberries (Applesauce for Infants and Toddlers), Fluid Milk	Graham Crackers, Chocolate Hummus, Fluid Milk
Tuesday	Whole Grain Cereal, 100% Fruit Juice, Fluid Milk	American Chop Suey (Made with Whole Wheat Macaroni, Ground Beef, and a Flavorful Tomato Sauce), Sweet Potatoes, Pineapple, Fluid Milk	Trail Mix (Made with Whole Grain Cereals, Sunflower Seeds, Raisins and Craisins and Crackers), Fluid Milk
Wednesday	Cinnamon Raisin Bagel Served with Cream Cheese, Orange, Fluid Milk	Peanut Butter and Jelly Sandwiches Served with Whole Wheat Bread, Sliced Cheese, Mixed Veggies, Banana, Fluid Milk	Whole Grain Goldfish Crackers, Fluid Milk
Thursday	Scrambled Eggs, Whole Grain English Muffin, Applesauce, Fluid Milk	<u>Taste of Asia</u> Chicken Stir-Fry, Brown Rice, Broccoli, Peaches, Fluid Milk	Sliced Cucumber, String Cheese, Water
Friday	Whole Grain Cereal, 100% Fruit Juice, Fluid Milk	<u>Pizza Friday!</u> Cheese Pizza, Tossed Salad, Fruit Cocktail, Fluid Milk	Whole Wheat Crackers, Hummus, Water

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