

Water of Life Preschool & Childcare

WATER - FAM LK

		August 1	August 2	August 3
		BBQ Chicken Bites (1/4c) Mashed Potatoes (1/4c) Orange Slices (1/4c) Dinner Roll (1ea)	Chili Mac (Beef) (3/4c) Carrot Coins (1/4c) Tropical Fruit (1/4c)	Chicken Nuggets (WG) (4ea) Sweet Peas (1/4c) Peaches (1/4c) Ketchup
August 6 Spaghetti w/Beef (3/4c) Sweet Corn (1/4c) Apple Slices (1ea)	August 7 Popcorn Chicken (3/4c) Green Beans (1/4c) Orange Slices (2ea) Ketchup	August 8 Turkey Hot Dog (1ea) Mixed Vegetables (1/4c) Banana (1ea) Hot Dog Bun (1ea) Ketchup	August 9 Hawaiian Meatballs (2ea) Cucumber Slices (1/4c) Mandarin Oranges (1/4c) Multi Grain Rice (1/4c) Ranch Dressing	August 10 Teriyaki Chicken Bites (1/4c) Tossed Salad (1/4c) Pineapple (1/4c) Confetti Rice (1/4c) Ranch Dressing
August 13 Macaroni & Cheese (V) (1/2c) Sweet Peas (1/4c) Pears (1/4c)	August 14 Chicken Nuggets (4ea) Cucumber Slices (1/4c) Tropical Fruit (1/4c) Ranch Dressing Ketchup	August 15 Beef Hamburger (1ea) Golden Carrots & Corn (1/4c) Banana (1ea) Hamburger Bun (1ea) Ketchup	August 16 Mini Chicken Corn Dogs (4ea) Green Beans (1/4c) Peaches (1/4c) Ketchup	August 17 BBQ Chicken Sandwich (1/4c) Carrot Coins (1/4c) Applesauce (1/4c) Hamburger Bun (1ea)
August 20 NO SERVICE	August 21 NO SERVICE	August 22 NO SERVICE	August 23 NO SERVICE	August 24 NO SERVICE
August 27 Southwest Chicken (1/4c) Tossed Salad (1/4c) MG Rice (1/4c) Peaches (1/4c) Ranch Dressing	August 28 Macaroni & Cheese (V) (1/2c) Sweet Peas (1/4c) Tropical Fruit (1/4c)	August 29 Roasted Chicken Bites (1/4c) Cucumber Slices (1/4c) Confetti Rice (1/4c) Banana (1ea) Ranch Dressing	August 30 Beef Enchilada Casserole (3/4c) Carrot Coins (1/4c) Pears (1/4c)	August 31 Baked Ziti (3/4c) Golden Carrots & Corn (1/4c) Applesauce (1/4c)

Portions meet or exceed USDA CACFP & California Title 22 guidelines for 2-6 year olds when consumed with 6oz of 1% Milk.

(V) = Vegetarian

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HAVE A WONDERFUL DAY!