

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk (French Toast) S: ½ cup mixed fruit smoothie, 1/4 c popcorn L: 2 oz pulled pork on 2 slider buns, ¼ c mixed vegetables, ¼ c fruit cocktail, ¾ c skim milk S: ½ oz cheese stick & 4 crackers Pulled Pork Sliders	B: 1 pancake, ½ c berries, ¾ c skim milk S: ½ oz cottage cheese/pineapple L: 2 oz chicken w/ onion, mix bells and celery, ½ slice tortilla, ¼ c mandarin orange, ¾ c skim milk S: 4 Crackers & ½ c apples Chicken Fajita Wraps	B: ½ slice bagel, cream cheese & ½ c fruit, ¾ c milk S: ½ c watermelon, Cheez its L: 1 ½ oz ground beef, ½ oz pasta noodles, ¼ oz mixed veggies, ¼ oz cheese, ¼ c fresh fruit, ¾ c skim milk S: 1 blueberry cloud bread, ½ c veggie Taco Pasta	B: ½ c Special K cereal, ½ c bananas, ¾ c skim milk S: 1/8 c bean dip & 6 wheat thins L: 3 T chicken salad on ½ slice WW bread, ½ c pita chips. 3 celery sticks, 3 carrot sticks, ¼ orange slices, ¾ C Skim Milk S: 1/2c Trail mix, 1 applesauce pouch Chicken Salad Sandwich
10	11	12	13	14
B: ½ slice English muffin w scrambled eggs, ½ c apple, ¾ c skim milk S: ½ c trail mix and ¾ c skim milk L: Grilled Cheese sandwich on ½ slice ww bread w/ 1oz cheese, ½ oz pesto, ¼ c mandarin orange, ¾ c skim milk S: Fruit muffin, String cheese Grilled Cheese Sandwich	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit, ¾ C Skim Milk (French Toast) S: ½ c fruit smoothie & 24 popcorn L: 1 ½ oz ground beef, w/ bell pepper, onion, and celery on a ww bun, ¼ c fresh fruit, ¾ c skim milk S: 1/4c goldfish & yogurt pouch Sloppy Joes	B: Breakfast tortilla egg wraps, ½ c fruit, ¾ c skim milk S: 8 pretzel & ½ c apple juice L: Pesto 1 ½ oz chicken, ½ oz pasta, ¼ c peas & tomato, ¼ c tropical fruit, ¾ c skim milk S: ½ c Cheerios and ½ banana Pesto Chicken Pasta	B: ½ slice bagel, cream cheese & ½ c fruit cocktail, ¾ c skim milk S: ½ oz cheese and 4 crackers L: 1 ½ oz meatballs (3), ½ oz hapa rice, ¼ c corn, ¼ c fruit cocktail, ¾ c skim milk S: Trail mix, 1 applesauce pouch Chicken Carrot Meatballs	B: ½ c Special K cereal, ½ c bananas, ¾ c skim milk S: ¼ c pirates booty w/ applesauce pouch L: ½ tortilla, ½ turkey slice, ½ cheese slice. 3 celery sticks, 3 carrot sticks, ¼ orange slices, ¾ C Skim Milk S: 1 protein energy ball and ½ c juice Turkey/Cheese Rollups
17	18	19	20	21
B: ½ slice toast w 1 egg bite, ½ c oranges, ¾ c skim milk S: 1/8 c bean dip & tortilla chips L: 2 tbsp tofu, ½ oz veggies w/ ½ oz hapa rice, ¼ c fruit, ¾ c skim milk, S: 1 Blueberry muffin, ¾ c milk Sweet & Sour Tofu	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk (French Toast) S: fruit smoothie and Cheez its L: 1 ½ oz Ground Beef, 1 ½ oz whole grain pasta, ½ oz Cheese, ¼ C onions, bell peppers, ¼ C Fruit Salad, ¾ C Skim Milk S: 1 cheese stick and 4 crackers Spaghetti	B: 1 high protein waffle, ½ c berries, ¾ c skim milk S: ½ c edamame, 4crackers L: 1 oz Chicken, ½ WW Tortilla, cheddar/jack cheese blend, ¼ Fruit Salad, ¾ c Skim Milk S: 8 pretzels, 4oz yogurt pouch Chicken Quesadilla	B: ½ slice bagel, cream cheese & ½ c applesauce S: ¼ c guacamole w/ 6 tortilla chips L: 1 ½ oz chicken sausage roll, ¼ c corn, ¼ c fruit, ¾ c skim milk S: Rice cake, ½ oz almond butter Chicken Sausage Rolls	B: ½ c Special K cereal, ½ c bananas, ¾ c skim milk S: ½ c fruit salad 4 crackers L: 1 oz tuna, ½ oz cheese in ½ pita & 5 carrot sticks, ¼ c fruit, ¾ c skim milk S: 1 applesauce, 4 crackers Tuna & Cheese Sandwich
24	25	26	27	28
B: ½ slice toast w scrambled eggs, ½ c fresh fruit, ¾ c skim milk S: 8 pretzels & ½ c apple juice L: ½ slice English muffin, 2 tbsp tomato sauce, 1 oz cheese, ¼ c fruit, ¼ c carrots, ¾ c skim milk S: 1 Cheese stick & 4 crackers Personal Pizza	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk (French Toast) S: Fruit smoothie & cheerios L: 1 ½ oz Ground Beef, ½ oz Elbow Macaroni, ¼ C Bell Pepper, ½ oz Tomato Sauce, ¼c Fresh Fruit, ¾c Skim Milk S: ½ c applesauce & 4 crackers Chili Mac	B: 1 pancake, ½ c melon, ¾ c skim milk S: ½ c oranges, 4 graham crackers L: 1 ½ oz chicken curry, ¼ c steamed broccoli, ¼ c pineapple, ¾ c skim milk S: 4 Crackers, string cheese Chicken Curry	B: ½ slice bagel, cream cheese & ½ c fresh fruit S: ½ c cottage cheese & ½ c honeydew melon L: 1 ½ oz roasted pork shoulder, 1 oz braised cabbage, 3 oz Hapa Rice, ¼ C Fresh Fruit, ¾ C Skim Milk S: 4 oz yogurt pouch & ½ c trail mix Kalua Pork	B: ½ c Honey Nut Cheerios, ½ c apples, ¾ c skim milk S: ½ c edamame & popcorn L: ½ c BBQ chicken, ½ oz lettuce, ½ oz cheese on ½ tortilla, 3 Celery and 3 carrot sticks, ¾ C Skim Milk S: Apple sauce pouch, 6 animal crackers BBQ Chicken Wrap
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B: ½ slice toast with 1 egg bite, ½ c fresh fruit, ¾ c skim milk S: 12 cucumber coins, ½ c ranch & 4 crackers L: 1 ½ c cooked mac noodles and cheese, ¼ c broccoli, ¼ c peaches, ¾ c skim milk S: ½ oz cheese stick & 4 crackers Mac n' Cheese				*Subject to change based on food/product availability.