



Wynn Kids 'R' Kids Cascade Menu

August 2019

Week 1				1	2
Breakfast				Blueberry muffin, mix fruit, milk	Oatmeal, fresh banana, milk
Lunch				Grill chicken salad, wheat bread, toss salad, tropical fruit, milk	Turkey patties, spaghetti noodles, peaches, mixed vegetables, bread
PM				Yogurt, fresh apples	Goldfish, juice
Week 2	5	6	7	8	9
Breakfast	Waffles, Pineapples, Turkey Bacon, Milk	Grits, Eggs, Whole grain wheat toast, Sliced apples, Milk	English muffin, Eggs, Mixed fruit, Milk	Sausage biscuit, pear, milk	Cheerios, mixed fruit, milk
Lunch	Sweet sour meatballs, Mashed potatoes, Mixed vegetables, Peaches, Whole grain rolls, Milk	Vegetable soup with rice, Broccoli, Cheese whole grain toast, Fruit cocktail, Milk	Chicken tender, tater tots, mixed fruits, wheat bread, milk	Cheese pizza, toss salad, cantaloupe, milk	Turkey wheat roll up, carrots with ranch, tropical fruit, milk
PM	Goldfish, apple juice	Ritz crackers, Cheese sticks	Bug bite crackers, juice	Strawberry yogurt, graham crackers, juice	Animal crackers, grape juice
Week 3	12	13	14	15	16
Breakfast	Grits, eggs, toast, mandarin orange	French Toast, turkey bacon, pineapple, milk	Turkey sausage, peaches, grits, toast, milk	cereal, bananas, milk	Pancakes, turkey bacon, applesauce, milk
Lunch	Chili, hash brown, with turkey meat, wheat bread, sliced apples, milk	Turkey-roni with spaghetti sauce, noodles, broccoli. Mix fruit, wheat bread, milk	Chicken pot pie, green beans, wheat bread, peaches, milk	Turkey roast, yellow rice, carrot-peas, assorted fruit, wheat bread, milk	BBQ chop chicken sandwich on wheat bun, coleslaw, pears, milk
PM	Ritz cracker bits, grape juice	wheat pretzel, juice	Graham crackers, bananas	Whole grain, cheez-it, apple juice	Chex mix, juice
Week 4	19	20	21	22	23
Breakfast	Cheese toast, pear, milk	Turkey sausage links, whole cinnamon toast sticks, sliced apples	Waffles, pears, milk	Breaded chicken patties, wheat bread, peaches and milk	Cheerios, toast slices, apples, milk
Lunch	Stir fry chicken, pear, wheat rolls, milk	Chicken nuggets, French fries, whole wheat bread, pineapple, milk	Baked chicken wings, broccoli, tropical fruit, wheat rolls, milk	Salisbury turkey, mashed potatoes, collards, peaches, cornbread	Wheat chips, turkey tacos, mix salad, assorted fruit, milk
PM	Vanilla yogurt, graham crackers	Whole grain, cracker, orange juice	Animal crackers, and apple juice	Whole grain waffles with fresh blueberries	Teddy graham, sliced apples
Week 5	26	27	28	29	30
Breakfast	Oatmeal, turkey bacon, wheat bread, applesauce	Waffle, pear, milk	Cheerios, peaches	Yogurt, pancakes, milk, strawberries	Waffle, eggs, tropical fruit
Lunch	Chopped chicken fries, rice, broccoli, cantaloupe, wheat bread, milk	Chicken parmesan, green beans, mangoes, wheat rolls, milk	Baked turkey spaghetti, fresh pears, salad with ranch dressing, whole wheat, bread, and milk	Chicken alfredo pasta mixed with steamed vegetable, whole dinner rolls, milk, honey dew melon	Pita bread with turkey, lettuce, tomato, tropical fruit, and milk
PM	Whole grain gold fish, apple juice	Teddy graham, grape juice	Graham cracker, cheese sticks	Yogurt, wheat crackers, apple juice	Gold fish, Grape juice