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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **BREAKFAST** | Pancakes  Yogurt  Fruit Syrup  Fruit Juice  Milk | Breakfast Corndogs  Fruit  Syrup  Fruit Juice  Milk | Scrambled Eggs  Breakfast Meat  Croissant  Jelly  Fruit Juice  Milk | Sausage Biscuit  Fruit  Jelly  Fruit Juice  Milk | Bagel w/ Egg & Cheese  Fruit  Fruit Juice Milk | Breakfast Roll  Cheese Stick  Fruit  Fruit Juice  Milk | Cereal  Yogurt  Fruit  Fruit Juice  Milk |
| **LUNCH** | Hot Ham & Cheese  Sandwich  **Homemade Tomato Soup**  **Celery Sticks**  Fruit  Ranch  Milk | Chicken Quesadilla **Seasoned Black Beans Diced Potatoes**  Fruit  Salsa  Sour Cream  Milk | BBQ Riblet Sandwich  **Curly Fries Garden Salad**  Fruit  Ketchup  Milk | Hamburger  **Lettuce & Tomato**  **Baked Beans French Fries** Fruit  Ketchup  Mustard  Milk | Pizza Slice  **Tater Tots Seasoned Broccoli** Fruit  Ketchup  Milk | Breaded Chicken  Sandwich  **Lettuce & Tomato**  **Glazed Carrots**  **Seasoned Green**  **Beans**  Fruit  Condiments  Milk | Hot Dog  **French Fries Seasoned Mixed Vegetables**  Chip Option  Fruit  Ketchup  Mustard  Milk |
| **DINNER** | Chicken & Sausage Jambalaya  Buffalo Cauliflower  Corn on the Cob  Biscuit  Cake  Punch | Chicken & Waffles  Seasoned Greens  Spiced Apples  Syrup  Hot Sauce  Ice Cream  Punch | Beef Tacos  Seasoned Pinto Beans  Mexicali Corn Tortilla Chips Salsa  Cookie  Punch | Oven Fried Chicken Mashed Potatoes Brown Gravy Seasoned Greens  Cornbread  Pudding  Punch | Spaghetti & Meatballs Seasoned Green Peas Seasoned California Veggies  Garlic Bread  Ice Cream  Punch | Buffalo Chicken Dip Seasoned Black Beans Seasoned Corn  Fritos  Cake  Punch | Mandarin Chicken  Egg Roll  Veggie Stir Fry  White Rice  Sweet & Sour Sauce  Cookie  Punch |



**WEEK 1 MENU**

**SY 20 - 21**

Erin Webley MA, LD, RD

August 2020

Georgia Grown

Water is available with all meals





**WEEK 2 MENU**

**SY 20 - 21**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **BREAKFAST** | Waffles  Yogurt  Fruit  Syrup  Fruit Juice  Milk | Cheesy Grits Breakfast Meat Hash brown  Ketchup  Fruit Juice  Milk | Chicken Biscuit  Fruit  Jelly  Fruit Juice  Milk | Breakfast Burrito  Fruit  Salsa  Fruit Juice  Milk | Breakfast Grain  Cheese Stick  Fruit  Fruit Juice  Milk | Breakfast Crumble  Yogurt  Fruit  Fruit Juice  Milk | Power Bread  Cheese Stick  Fruit  Fruit Juice  Milk |
| **LUNCH** | Turkey Bacon Ranch  Sandwich  **Seasoned Broccoli**  **Carrot Sticks**  Fruit  Ranch  Milk | Chicken Mashed Potato Bowl w/ **Corn**  **Seasoned Green Beans**  Roll  Fruit  Milk | BBQ Sandwich  **Coleslaw**  **Maple Sweet Potatoes**  Fruit  Ketchup  Milk | Cheeseburger  **Lettuce & Tomato**  **Baked Beans**  **French Fries**  Fruit  Ketchup  Mustard  Milk | Pizza Slice  **Tater Tots**  **Garden Salad**  Fruit  Ketchup  Ranch  Milk | Chicken Nuggets **Glazed Carrots Seasoned Green Beans**  Roll  Fruit  Condiments Milk | Hot Dog  **Seasoned Mixed**  **Vegetables**  **French Fries**  Chips  Fruit  Ketchup  Mustard  Milk |
| **DINNER** | Chicken & Dumplings Seasoned Lima Beans Seasoned Corn Cornbread  Ice Cream  Punch | Philly Cheesesteak  Sautéed Peppers  California Vegetables  Chips  Ketchup  Cookie  Punch | Chicken Wings  Macaroni & Cheese  Seasoned Greens  Celery Sticks  Condiments  Roll  Pudding  Punch | Chicken Tenders  Chili Cheese Fries  Seasoned Broccoli  Condiments  Cake  Punch | Eastman Alfredo Seasoned Green Peas Seasoned Carrots  Garlic Bread  Ice Cream  Punch | Beef Nachos  Seasoned Pinto  Beans  Mexicali Corn  Salsa  Pudding  Punch | Honey Sriracha Chicken  Egg Roll  Veggie Stir Fry  White Rice  Sweet & Sour Sauce  Cookie  Punch |



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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **BREAKFAST** | Pancakes  Yogurt  Fruit  Syrup  Fruit Juice  Milk | Breakfast Corndogs  Fruit  Syrup  Fruit Juice  Milk | Scrambled Eggs  Breakfast Meat  Croissant  Jelly  Fruit Juice  Milk | Sausage Biscuit  Fruit  Jelly  Fruit Juice  Milk | Bagel w/ Egg & Cheese  Fruit  Fruit Juice  Milk | Breakfast Roll  Cheese Stick  Fruit  Fruit Juice  Milk | Cereal  Yogurt  Fruit  Fruit Juice  Milk |
| **LUNCH** | Grilled Cheese  Sandwich  Beef & **Vegetable Soup**  **Carrot Sticks**  Fruit  Ranch  Milk | Beef Quesadilla **Seasoned Black Beans Diced Potatoes**  Fruit  Salsa  Sour Cream  Milk | BBQ Riblet Sandwich  **Curly Fries**  **Garden Salad**  Fruit  Ketchup  Milk | Hamburger  **Lettuce & Tomato**  **Baked Beans French Fries** Fruit  Ketchup  Mustard  Milk | Pizza Slice  **Tater Tots Seasoned Broccoli** Fruit  Ketchup  Milk | Breaded Chicken  Sandwich  **Lettuce & Tomato**  **Glazed Carrots**  **Seasoned Green**  **Beans**  Fruit  Condiments  Milk | Chili Dog **Seasoned Mixed Vegetables French Fries**  Fruit Ketchup  Milk |
| **DINNER** | Frito Pie  Baked Potato Corn on the Cob Sour Cream Butter Cornbread  Ice Cream  Punch | Chicken Tenders  Baked Beans Potato Wedges Condiments  Roll  Cake  Punch | Oven Fried Chicken Mashed Potatoes Brown Gravy Seasoned Greens Cornbread  Cookie  Punch | Chicken Taquito Seasoned Pinto Beans Mexicali Corn  Tortilla Chips  Salsa Pudding Punch | Pasta Rotini  Seasoned Green Peas  Seasoned California  Veggies Garlic Bread Ice Cream Punch | Buffalo Chicken Dip Seasoned Broccoli Seasoned Corn  Fritos  Cake Punch | Teriyaki Chicken  Egg Roll  Veggie Stir Fry  White Rice  Sweet & Sour Sauce  Cookie  Punch |



**WEEK 3 MENU**

**SY 20 - 21**



Erin Webley MA, LD, RD

August 2020

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**WEEK 4 MENU**

**SY 20 - 21**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **BREAKFAST** | French Toast Sticks  Yogurt  Fruit  Syrup  Fruit Juice  Milk | Cheesy Grits Breakfast Meat Hash brown  Ketchup  Fruit Juice  Milk | Chicken Biscuit  Fruit  Jelly  Fruit Juice  Milk | Breakfast Burrito  Fruit  Salsa  Fruit Juice  Milk | Breakfast Grain  Cheese Stick  Fruit  Fruit Juice  Milk | Breakfast Crumble  Yogurt  Fruit  Fruit Juice  Milk | Power Bread  Cheese Stick  Fruit  Fruit Juice  Milk |
| **LUNCH** | Roast Beef & Cheddar  Sandwich  **Curly Fries Seasoned Carrots** Ketchup  Fruit  Milk | Chicken Mashed Potato Bowl w/ **Corn**  **Seasoned Green Beans**  Roll  Fruit  Milk | BBQ Sandwich  **Coleslaw**  **Maple Baked Sweet Potatoes** Fruit  Milk | Cheeseburger  **Lettuce & Tomato**  **Baked Beans French Fries**  Fruit  Ketchup  Mustard  Milk | Pizza Slice  **Tater Tots**  **Garden Salad**  Fruit  Ketchup  Milk | Chicken Nuggets  **Buffalo Cauliflower**  **Carrot Sticks**  Roll  Fruit Condiments  Ranch  Milk | Mini Corndogs **Seasoned Mixed Vegetables**  **French Fries**  Fruit  Ketchup  Mustard  Milk |
| **DINNER** | BBQ Chicken  Baked Potato  Seasoned Corn  Cornbread  Butter  Sour Cream Ice Cream Punch | Popcorn Chicken  Baked Beans  Potato Wedges  Condiments  Roll  Cake  Punch | Shepherd’s Pie  Seasoned Greens  Roll  Cookie  Punch | Chicken Tenders  Chili Cheese Fries  Seasoned Broccoli  Ice Cream  Punch | Chicken & Rice Seasoned Green Peas Seasoned California Veggies  Cake  Punch | Chicken Nachos  Seasoned Pinto Beans  Mexicali Corn  Salsa  Pudding  Punch | Honey Sriracha Chicken  Egg Roll  Veggie Stir Fry  White Rice  Sweet & Sour Sauce  Cookie  Punch |



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**SNACK MENU CYCLE SY 20 - 21**

**Afterschool Care Program (ACP)**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Week 1**  **ACP SNACKS** | Chips  Fruit Juice | Grain Dessert  Fruit Juice | Crackers  Fruit Juice | Chex  Fruit Juice | Chips  Fruit Juice | Crackers  Fruit Juice | Grain Dessert  Fruit Juice |
| **Week 2**  **ACP SNACKS** | Chex  Fruit Juice | Crackers  Fruit Juice | Chips  Fruit Juice | Grain Dessert  Fruit Juice | Chips  Fruit Juice | Grain Dessert  Fruit Juice | Crackers  Fruit Juice |
| **Week 3**  **ACP SNACKS** | Chips  Fruit Juice | Grain Dessert  Fruit Juice | Crackers  Fruit Juice | Chex  Fruit Juice | Chips  Fruit Juice | Crackers  Fruit Juice | Grain Dessert  Fruit Juice |
| **Week 4**  **ACP SNACKS** | Chex  Fruit Juice | Crackers  Fruit Juice | Chips  Fruit Juice | Grain Dessert  Fruit Juice | Chips  Fruit Juice | Grain Dessert  Fruit Juice | Crackers  Fruit Juice |



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**PM SNACK:**

**Juice (optional) AND one of the following:**

Peanut Butter & Jelly

Crackers

Chips 

Popcorn 

Chex

Grandma Cookie

**AM SNACK:**

**Juice (optional) AND one of the following:**

Crackers

Cereal Bar

Poptart

Yogurt

Super Donut

Donut Stick

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