Mike & Dee's DINER

AUGUST 2021

Breakfast Componants:

Ages 1-2
1/2 cup milk
1/4 cup fruit / veg
1/2 oz eq grain

Ages 3-5
3/4 cup milk
1/2 cup fruit / veg
1/2 oz eq grain

Ages 6-12
1 cup milk
1/2 cup fruit / veg
1 oz eq grain

Snack Componants:
Select 2 of 5:

Ages 1-2, 3-5
1/2 cup milk
1/2 oz protein
1/2 cup veg
1/2 cup fruit
1/2 oz grain

Ages 6-12
1 cup milk
1 oz protein
3/4 cup Veg
3/4 cup Fruit
1 oz grain

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
WEEK 1	Cherrios Pears Milk	Fruit & Grain Bar Peaches Milk	English Muffin Mandarine Oranges Milk	Rice Crispies Banana Milk	Oat & Honey Bar Mango Milk
	Animal Crackers Apple Juice	Cheese Slices Apples	Ritz Crackers Pineapple	Nilla Wafer Grape Juice	Mini Pretzels Pears
	8	9	10	11	12
WEEK 2	Cinnamon Raisin Brd Orange Juice Milk	Special K Cereal Apple Sauce Milk	Chewy Bar Banana Milk	Waffles-Syrup Pineapple Milk	Honey Bunch Oats Peaches Milk
	Oyster Crackers Cranberry Juice	Animal Crackers Sliced Pears	Goldfish Mixed Fruit	Wheat Thins Grape Juice	Rice Cakes Pineapple
	15	16	17	18	19
WEEK 3	Corn Flakes Fruit Cocktail Milk	Hawaiin Buns Mixed Fruit Milk	Oat & Honey Bar Pears Milk	Chex Cereal Pineapple Milk	Rice Crispies Banana Milk
	Ritz Crackers Mandarin Oranges	Graham Crackers Apple Juice	Cheese Itz Pineapple	Cheese Slices CranApple Juice	Animal Crackers Mixed Fruit
	22	3	24	25	26
WEEK 4	Fruit & Grain Bar Mandarine Oranges Milk	Honey Bunch Oats Mango Milk	Frnch Tst Stix-syrup Banana Milk	Butrmlk Bscuit w/Jelly Pears Milk	Cherrios Peaches Milk
	Graham Crackers Apple Juice	Oyster Crackers Apple Sauce	Nilla Wafer Peaches	Rice Cakes CranApple Juice	Pretzel Sticks Apples
	29	30	31		
WEEK 5	Life Cereal Cran/ Pine Juice Milk	Mini Bagels w/Jelly Apple Sauce Milk	Waffles-Syrup Orange Juice Milk	Mixed Berries Van. Yogurt-Granola Milk	Cinnamon Raisin Brd Fruit Cocktail Milk
	Pita Bread Hummus	Goldfish Mixed Fruit	Wheat Thins Passion Fruit Juice	Cheese Itz Raisins	Graham Crackers Apple Juice

This institution is an equal opportunity provider.