

SCELC Menu

Week of: August 1-5, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	½ c. Cold Cereal ½ c. Mandarin Oranges ¾ c. Milk	½ Toasted English Muffin 1 Tsp. Fruit Spread ½ c. Pears ¾ c. Milk	½ c. Oatmeal w/ Brown Sugar ½ c. Peaches ¾ c. Milk	½ Bagel w/ Cream Cheese ½ c. Fresh Strawberries ¾ c. Milk	1 Pancake 1 Tbsp. Syrup ½ c. Applesauce ¾ c. Milk
LUNCH	½ Cheeseburger ½ c. French Fries ¼ c. Corn ¼ c. Tropical Fruit ¾ c. Milk	½ Pepperoni Roll w/ Cheese ¼ c. Potato Salad ½ c. Mixed Vegetables ½ c. Diced Peaches ¾ c. Milk	½ c. Soft Taco w/ Beef, Lettuce, & Shredded Cheddar Cheese ½ c. Pineapple ¾ c. Milk	2 oz. Pork Chop ¼ c. Cheesy Scalloped Potatoes ¼ c. Green Beans ¼ c. Fresh Fruit ¾ c. Milk	2 oz. Teriyaki Chicken ¼ c. Vegetable Fried Rice ¼ c. Steamed Broccoli ¼ c. Mixed Fruit ¾ c. Milk
AFTERNOON SNACK	½ c. Goldfish Crackers ¾ c. Milk	1 Oatmeal Cookie ¾ c. Milk	1 oz. bag Veggie Straws ¾ c. Fruit Juice	½ c. Carrots w/ Ranch ¾ c. Fruit Juice	1 Fruit & Grain Bar ¾ Milk