

YDC

Y Explorers

August 2019



Milk: 1% Milk
 Items marked with an * are whole grain rich

REMEMBER TO PACK A SACK LUNCH FOR YOUR CHILD EACH DAY

- No peanut products

- Don't forget an ice pack to keep food cold!

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 9 SURVIVOR ISLAND				8/1 Breakfast English Muffin* Pears Milk Snack Cheez-It Crackers* Milk	8/2 Breakfast Kix* Pineapple Milk Snack Tortilla Chips Salsa Milk
	8/5 Breakfast Frosted Mini Wheats* Peaches Milk Snack Teddy Grahams* Yogurt	8/6 Breakfast Waffle Applesauce Milk Snack Cheddar Chex Mix* String Cheese	8/7 Breakfast Cheerios* Mandarin Oranges Milk Snack Blueberry Muffin Milk	8/8 Breakfast Toast* & Jelly Pineapple Milk Snack Mini Pretzels String Cheese	8/9 Breakfast Corn Chex* Tropical Fruit Milk Snack Strawberry Yogurt Chex Mix* Milk LAST DAY OF Y EXPLORERS! HAVE A GREAT SCHOOL YEAR!
WEEK 10 ATLANTIS					

	Monday	Tuesday	Wednesday	Thursday	Friday
ADVENTURE CAMP WEEK	8/12 Breakfast Rice Krispies Pears Milk Snack Chex Mix* String Cheese	8/13 Breakfast Bagel* Peaches Milk Snack Banana Animal Crackers	8/14 Breakfast Life* Mandarin Oranges Milk Snack Goldfish Crackers* Milk	8/15 Breakfast English Muffin* Applesauce Milk Snack Tortilla Chips Salsa Milk	8/16 Breakfast Kix* Pineapple Milk Snack Pretzel Goldfish Crackers* Cheddar Cheese Square

Back to School

