



# August 2023 Cold Meal Menu



Mon	Tue	Wed	Thu	Fri / Sat / Sun
31	1	2	3	4/5/6
WGR Sun butter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Grapes (2.5 oz) 1% Low Fat Milk (0.5pt) Tajin	Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup	Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Vegetable Cup (4oz) Fresh Grapes (2.5 oz) 1% Low Fat Milk (0.5pt) Ranch	WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)	Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Baby Carrots x 2 (3.2 oz) Fresh Oranges 1% Low Fat Milk (0.5pt) Tajin/Ranch
Mon	Tue	Wed	Thu	Fri / Sat / Sun
7	8	9	10	11/12/13
WGR Sun butter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Apples 1% Low Fat Milk (0.5pt) Tajin	Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup	Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Vegetable Cup (4oz) Fresh Apples 1% Low Fat Milk (0.5pt) Ranch	WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)	Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Baby Carrots x 2 (3.2 oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Tajin/Ranch
Mon	Tue	Wed	Thu	Fri / Sat / Sun
14	15	16	17	18/19/20
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Mon	Tue	Wed	Thu	Fri / Sat / Sun
21	22	23	24	25/26/27
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Mon	Tue	Wed	Thu	Fri / Sat / Sun
28	29	30	31	1/2/3
WGR Sun butter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Grapes (2.5 oz) 1% Low Fat Milk (0.5pt) Tajin	Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup	Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Vegetable Cup (4oz) Fresh Grapes (2.5 oz) 1% Low Fat Milk (0.5pt) Ranch	WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)	Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Baby Carrots x 2 (3.2 oz) Fresh Oranges 1% Low Fat Milk (0.5pt) Tajin/Ranch
<b>Acronyms</b> WGR: Whole Grain Rich Note: All main component food items have CN label	<b>Identification of mixed foods</b> Mixed Fruit Cup: diced pears, peaches, and Cherries. Vegetable cup may be one of: peas & carrots, peas, corn, green beans, or carrots.	<b>Required Disclaimers</b> Children 24 months and older will be served 1% or fat free milk Water is available to all participants through a water fountain This Institution is an Equal Opportunity Provider		<b>Special Notes</b> This menu may change without notice due to supply issues Items are delivered and served cold