



AUGUST 2021

REGULAR & VEGETARIAN MENU FOR TODDLERS & PRESCHOOLERS

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast: Cereal (cheerios), fruit Lunch: Focaccia bread, colby cheese, sweet peppers, ranch dip, pineapple Snack: Ritz crackers, provolone cheese	3 Breakfast: Organic blueberry muffins Lunch: Turkey, cheddar cheese, cultivate artisan bread, cucumbers, strawberries Veg Lunch: Same as reg lunch - no meat Snack: Graham crackers, applesauce	4 Breakfast: Vanilla yogurt fruit cup Lunch: Turkey hot dogs, veggie straws, carrots, watermelon Veg Lunch: Black beans in place of hot dogs Snack: Veggie straws, cheese sticks	5 Breakfast: Cereal (rice chex), fruit Lunch: Beef pepperoni pizza pinwheels, cucumbers, pineapple Veg Lunch: Vegetable pizza pinwheels Snack: Pretzels, apple slices	6 Breakfast: Cereal (cheerios), fruit Lunch: Whole grain crackers, cheese, black beans, kiwi Snack: Carrot stick, celery stick, cheese stick
9 Breakfast: Organic blueberry muffins Lunch: Focaccia bread, cheese, ranch dip, sweet peppers, kiwi Snack: Graham crackers, applesauce	10 Breakfast: Cereal (cheerios), bananas Lunch: Turkey, cheese, cultivate artisan bread, cucumbers, pineapple Veg Lunch: Hummus in place of turkey Snack: Veggie straws, cheese sticks	11 Breakfast: Vanilla yogurt fruit cup Lunch: Noodles with fettuccine alfredo sauce, peas, watermelon Snack: Ritz crackers, cheese	12 Breakfast: Cereal (rice chex), fruit Lunch: Whole wheat crackers, cheese, ranch dip, black beans, strawberries Snack: Popcorn (toddlers: graham crackers), cheese	13 Breakfast: Cinnamon rolls, applesauce Lunch: Cream cheese, grape jam, multigrain bread, carrots, raisins Snack: Hermit cookies, applesauce
16 Breakfast: Cereal (rice chex), fruit Lunch: Focaccia bread, colby cheese, ranch dip, cucumbers, watermelon Snack: Graham crackers, applesauce	17 Breakfast: Organic blueberry muffins Lunch: Grilled cheese panini, cultivate artisan bread, sweet peppers, kiwi Snack: Ritz crackers, cheese	18 Breakfast: Vanilla yogurt, mixed berries Lunch: Chicken taco pinwheels, black beans, corn, strawberries Snack: Veggie straws, cutie oranges	19 Breakfast: Cereal (cheerios), fruit Lunch: Turkey hot dogs, veggie straws, corn, watermelon Veg Lunch: Cottage cheese in place of hot dogs Snack: Pretzels, apple slices	20 Breakfast: Pancakes, bananas Lunch: Sunflower butter, strawberry jam, multigrain bread, carrots, fruit Snack: Ritz crackers, cheese
23 Breakfast: Cereal (rice chex), fruit Lunch: Focaccia, colby cheese, sweet peppers, ranch dip, kiwi Snack: Veggie straws, cheese sticks	24 Breakfast: Organic raspberry muffins Lunch: Turkey cheddar cheese, cultivate artisan bread, cucumbers, pineapple Veg Lunch: Hummus in place of turkey Snack: Pretzels, cheese	25 Breakfast: Vanilla yogurt, fruit Lunch: Turkey pepperoni pizza roll up, corn, watermelon Snack: Graham crackers, applesauce	26 Breakfast: Cereal (cheerios) Lunch: Mac & cheese, peas, strawberries Snack: Ritz crackers, provolone slices	27 Breakfast: Cinnamon rolls, bananas Lunch: Turkey, swiss cheese, multigrain bread, carrots, raisins Veg Lunch: Same as reg lunch - no meat Snack: Hermit cookies, applesauce
30 Breakfast: Organic blueberry muffins Lunch: Focaccia bread, colby cheese, sweet peppers, ranch dip, pineapple Snack: Pretzels, cheese	31 Breakfast: Cereal (rice chex), fruit Lunch: Grilled cheese panini, cultivate artisan bread, cucumbers, watermelon Snack: Carrot stick, celery stick, hummus	1 Breakfast: Vanilla yogurt, mixed fruit Lunch: Sunflower butter/bananas on whole grain wrap, peas, strawberries Snack: Graham crackers, applesauce	NOTES *Menu may change from day to day depending on the availability of foods. If your child has an allergy, you will receive an individualized menu. If you have any questions or concerns about the menu, please email candice@cultivatemankato.com	



AUGUST 2021

REGULAR & VEGETARIAN MENU FOR INFANTS

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast: Cereal (cheerios), fruit Lunch: Focaccia bread, colby cheese, sweet potatoes, pears Snack: Ritz crackers, provolone cheese	3 Breakfast: Organic raspberry muffins Lunch: Turkey, cheddar cheese, cultivate artisan bread, avocados, raspberries Veg Lunch: Same as reg lunch - no meat Snack: Baby crackers, applesauce	4 Breakfast: Vanilla yogurt, bananas Lunch: Turkey, veggie straws, cooked carrots, watermelon Veg Lunch: Black beans in place of turkey Snack: Pita bread, hummus	5 Breakfast: Cereal (cheerios), fruit Lunch: Whole grain wrap, cheese, black beans, kiwi Snack: Fruit & veggie pouch	6 Breakfast: Waffles, fruit Lunch: Turkey, cheese, pita bread, peas, watermelon Veg Lunch: Same as reg lunch - no meat Snack: Ritz crackers, applesauce
9 Breakfast: Organic blueberry muffins Lunch: Focaccia bread, cheese, sweet potatoes, kiwi Snack: Baby crackers, applesauce	10 Breakfast: Cereal (cheerios), bananas Lunch: Turkey cheese, cultivate artisan bread, avocado, pears Veg Lunch: Hummus in place of turkey Snack: Veggie straws, cheese sticks	11 Breakfast: Vanilla yogurt fruit cup Lunch: Noodles with alfredo sauce, peas, watermelon Snack: Ritz crackers, cheese	12 Breakfast: Cereal (rice chex), fruit Lunch: Whole grain wrap, cheese, black beans, raspberries Snack: Fruit & veggie pouches	13 Breakfast: Cinnamon rolls, bananas Lunch: Cream cheese, grape jam, whole grain wrap, cooked carrots, pears Snack: Hermit cookies, applesauce
16 Breakfast: Cereal (rice chex), fruit Lunch: Focaccia bread, colby cheese, avocados, watermelon Snack: Baby crackers, applesauce	17 Breakfast: Organic blueberry muffins Lunch: Turkey, colby cheese, cultivate artisan bread, sweet potatoes, kiwi Veg Lunch: Same as reg lunch (no meat) Snack: Ritz crackers, cheese	18 Breakfast: Vanilla yogurt, fruit Lunch: Black bean, cheese, whole grain wrap, peas, pears Snack: Veggie straws, cheese	19 Breakfast: Cereal (cheerios), fruit Lunch: Turkey, cheese, veggie straws, lima beans, watermelon Veg Lunch: Cottage cheese in place of turkey Snack: Fruit & veggie pouches	20 Breakfast: Pancakes, bananas Lunch: Sunflower butter, grape jam, whole grain wrap, cooked carrots, kiwi Veg Lunch: Same as reg lunch (no meat) Snack: Ritz crackers, cheese
23 Breakfast: Cereal (rice chex), banana Lunch: Focaccia bread, colby cheese, sweet potato, raspberries Snack: Veggie straws, cheese sticks	24 Breakfast: Organic raspberry muffins Lunch: Turkey, cheddar cheese, cultivate artisan bread, beets, kiwi Veg Lunch: Same as reg lunch - no meat Snack: Baby crackers, applesauce	25 Breakfast: Vanilla yogurt, bananas Lunch: Turkey, cheese, whole grain wrap, black beans, watermelon Veg Lunch: Same as reg lunch - no meat Snack: Fruit & veggie pouches	26 Breakfast: Cereal (cheerios) Lunch: Mac & cheese peas, applesauce Snack: Ritz crackers, provolone cheese	27 Breakfast: Cinnamon rolls, bananas Lunch: Turkey, swiss cheese, pita bread, cooked carrots, kiwi Veg Lunch: Same as reg lunch - no meat Snack: Hermit cookies, applesauce
30 Breakfast: Organic blueberry muffins Lunch: Focaccia, colby cheese, sweet potatoes, raspberries Snack: Baby crackers, cheese	31 Breakfast: Cereal (rice chex), fruit Lunch: Turkey, cheese, cultivate artisan bread, avocados, watermelon Veg Lunch: Same as reg lunch - no meat Snack: Ritz crackers, applesauce	1 Breakfast: Vanilla yogurt, mixed fruit Lunch: Sunflower butter, grape jam, whole grain wrap, peas, pears Snack: Fruit & veggie pouches	<div>NOTES</div> <p>*Menu may change from day to day depending on the availability of foods. If your child has an allergy, you will receive an individualized menu. If you have any questions or concerns about the menu, please email candice@cultivatemankato.com</p>	