



Sweetwater Academy Menu



August 20-24, 2018

All milk is whole milk for 1-year old's, and all milk is 1% milk 2 yrs. and up. *(WG) Whole Grain

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Bananas Apple Cinnamon Cereal	Milk Egg & Cheese Biscuits Diced Peaches	Milk Cheese Grits Sliced Oranges	Milk WG/ Bagels W Cream Cheese Pears	Milk English Muffins Jelly Bananas
Lunch	Fish Sandwiches Whole grain Buns Cold Slaw Applesauce Milk	Beef-A-Roni WG Noodles Green Beans Bananas Milk	Chicken Alfredo W/ Whole Grain Noodles Diced Chicken Broccoli Sliced Apples Milk	Cheese Pizza Garden Salad Applesauce Milk	Turkey and Cheese Roll Ups WG tortillas Celery Sticks Sliced Grapes Milk
P.M Snack Menu Subject to change	Gold Fish Strawberry Juice	Graham Cracker Applesauce Water	Ritz Crackers Cheese squares Water	Strawberry Yogurt Granola Water	Chewy Granola Bars Milk