


Wah Mei School Monthly Menu

August -2010

*milk and seasonal fruit served every meal

	Monday	Tuesday	Wednesday	Thursday	Friday
	8/02	8/03	8/04	8/05	8/06
AM BK	Cereal	Bagel	Pancakes	Waffle	Cinnamon Toast
Lunch	Pizza (Salami,Cheese,Carrot sticks) Fresh Fruit & Milk	Pasta /Cheese (Broccoli/Cheese/Ham) Fresh Fruit & Milk	Beef & Tomato / Rice (Chicken, Corn, Broccoli) Fresh Fruit & Milk	Creamy Chicken Noodle (Chicken,Corn,Green Peas) Fresh Fruit & Milk	Drumstick (Bread, Carrot sticks) Fresh Fruit & Milk
PMSNK	Gold Fish Crackers, Milk,Fruit	Bananas Toast, Milk	Honey Graham, Milk	Gold Fish Crackers, Milk	Animal shape crackers,Milk
	8/09	8/10	8/11	8/12	8/13
AM BK	Bagel	Pancake	Bagel	Waffle	Cereal
Lunch	Fillet-O-Fish (Fish Sticks, Carrot Sticks) Fresh Fruit & Milk	Macaroni & Cheese (Ham, Cheese, Green Peas) Fresh Fruit & Milk	Oven Fried Chicken/Rice (Beef, Tomato, Rice) Fresh Fruit & Milk	Fried Noodle (Pork, Cabbage, Carrot) Chocolate Milk, Fruit	BBQ Pork Over Rice (Pork, Cabbage, Rice) Fresh Fruit & Milk
PMSNK	Cinnamon Toast, Milk	Wheat thins,Milk, Fruit	Alphabet Crackers,Milk	Club Crackers,Milk, Fruit	Bananas Toast, Milk
	8/16	8/17	8/18	8/19	8/20
AM BK	Oatmeal / Raisins	Waffle	Pancake	Cereal	Bagel
Lunch	Ham Sandwich (Ham,Cheese, Lettuce) Fresh Fruit & Milk	Creamy Chicken Noodle (Chicken,Corn,Green Peas) Fresh Fruit & Milk	Drumstick (Bread, Carrot sticks) Fresh Fruit & Milk	Fried Egg Tomato/ Rice (Egg, Pork, Rice) Fresh Fruit & Milk	Spaghetti & Meatballs (Beef,Tomato,Onion,Carrot) Fresh Fruit & Milk
PMSNK	Animal shape crackers,Milk	Gold Fish Crackers, Milk	Ritz Crackers, Milk	Bananas Toast,Milk	Honey Graham, Milk
	8/23	8/24	8/25	8/26	8/27
AM BK	Pancake	Cinnamon Toast	Waffle	Oatmeal / Raisins	Bagel
Lunch	Pizza (Salami,Cheese,Carrot) Fresh Fruit & Milk	Sea Shells Pasta/Mushroom (Ham,Cheese,Green Peas) Fresh Fruit & Milk	BBQ Pork Over Rice (Cabbage, Pork, Rice) Fresh Fruit & Milk	Elbow Macaroni (Ham,Cheese,GreenPeas) Fresh Fruit & Milk	Oven Fried Chicken/Rice (Broccoli,Chicken, Corn) Fresh Fruit & Milk
PMSNK	Wafers Cookies,Milk,Fruit	Club Crackers,Milk, Fruit	Bananas Toast, Milk	Wheat thins,Milk, Fruit	Cinnamon Toast, Fruit,Milk
	8/30	8/31			
AM BK	Oatmeal / Raisins	Cereal			
Lunch	Hot Dog (Turkey Hot Dog ,Buns) Fresh Fruit & Milk	Macaroni & Cheese (Ham, Cheese, Green Peas) Fresh Fruit & Milk			
PMSNK	Bananas Toast,Milk	Chips/Salsa Dips,Fruit,Milk			