



# Sprouts Early Learning Academy

## August Meal Plan

|                                 | Monday                                           | Tuesday                                    | Wednesday                                 | Thursday                                         | Friday                                              |
|---------------------------------|--------------------------------------------------|--------------------------------------------|-------------------------------------------|--------------------------------------------------|-----------------------------------------------------|
| <b>Breakfast Week 1 &amp; 3</b> | Mini pancakes, oranges, milk                     | life cereal, bananas, milk                 | Waffles, blueberries, milk                | bagels, applesauce, milk                         | Greek yogurt, strawberries, milk                    |
| <b>Breakfast Week 2 &amp; 4</b> | Mini pancakes, oranges, milk                     | English muffin & peanut butter, milk       | Waffles, blueberries, milk                | Rice Krispies, applesauce, milk                  | Greek yogurt, strawberries, milk                    |
| <b>Daily Snack</b>              | Pepperoni, cheese cubes                          | Trail mix, gogo applesauce                 | Goldfish, gogurt                          | apples,crackers                                  | Simply Cheetos, craisins                            |
| <b>Lunch</b>                    | <b>Monday</b><br>8/3/2026                        | <b>Tuesday</b><br>8/4/2026                 | <b>Wednesday</b><br>8/5/2026              | <b>Thursday</b><br>8/6/2026                      | <b>Friday</b><br>8/7/2026                           |
|                                 | pork sliders, fries,melon,milk                   | Corndogs, carrots,grapes,milk              | Ravioli, Cottage cheese, peaches, milk    | Walking tacos, corn, kiwi, milk                  | Popcorn chicken, green beans, pears, milk           |
|                                 | <b>8/10/2026</b>                                 | <b>8/11/2026</b>                           | <b>8/12/2026</b>                          | <b>8/13/2026</b>                                 | <b>8/14/2026</b>                                    |
|                                 | Chicken Alfredo, broccoli normany, berries, milk | chicken strips, tater tots, melon, milk    | Spaghetti, carrots, pineapple, milk       | Softshell beef tacos, corn, mixed fruit, milk    | pizza sticks, pears, green beans, milk              |
|                                 | <b>8/17/2026</b>                                 | <b>8/18/2026</b>                           | <b>8/19/2026</b>                          | <b>8/20/2026</b>                                 | <b>8/21/2026</b>                                    |
|                                 | Mac n Cheese, broccoli normany, berries,milk     | Chicken quesadilla, corn, berries, milk    | cavatelli, green beans, mixed fruit, milk | Chicken lo mein, peas & carrots, pineapple, milk | Pepperoni pizza, broccoli w/ranch, peaches, milk    |
|                                 | <b>8/24/2026</b>                                 | <b>8/25/2026</b>                           | <b>8/26/2026</b>                          | <b>8/27/2026</b>                                 | <b>8/28/2026</b>                                    |
|                                 | Cheeseburger, pickles, mixed fruit, milk         | Turkey sliders, green beans, berries, milk | Chicken Fajitas, corn, peaches, milk      | Tomato Soup, grilled cheese, pineapple, milk     | Meatballs in sauce, garlic bread, mixed fruit, milk |
|                                 | <b>8/31/2026</b>                                 |                                            |                                           |                                                  |                                                     |
|                                 | cheeseburger mac, cucumbers, melon, milk         |                                            |                                           |                                                  |                                                     |