

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Breakfast: Blueberry Muffins, Pineapple Tidbits, 1% or Whole Milk Lunch: Chicken Nuggets, Rolls, Baked Beans, Mandarin Oranges, 1% or Whole Milk Snack: String Cheese, Apple Juice	2 Breakfast: Chicken Nuggets, Biscuits w/Sausage, Baked Beans, Mandarin Oranges, 1% or Whole Milk Lunch: Ham, Wheat Bread, Carrots, Peas, 1% or Whole Milk Snack: Cheese Crackers, 100% Banana-Strawberry Juice	3	4
5	6 Breakfast: Cheerios, Mandarin Oranges, 1%Milk (2 yrs up), Whole Milk (1-23mths) Lunch: Beef Soft Taco, Taco Shell, Tater Tots, Fruit Mix with no grapes, 1% or Whole Milk Snack: Pretzel Sticks, Mixed Juice	7 Breakfast: Kix, Peaches, 1% or Whole Milk Lunch: Spaghetti, Meatballs w/sauce, Spaghetti Noodles, Potato / Mashed - Boxed, Fruit Cocktail, 1% or Whole Milk Snack: Whole Grain Chips, Cherry / Mountain Cherry Juice	8 Breakfast: Buttermilk Biscuits w/ Gravy, Fruit Mix with no grapes, 1% or Whole Milk Lunch: American Cheese, Wheat Bread, Green Beans, Pear Slices, 1% or Whole Milk Snack: Hi Ho / Ritz Crackers, Cherry / Mountain Cherry Juice	9 Breakfast: Egg, English Muffin, Peaches, 1% or Whole Milk Lunch: Beef Sloppy Joes, Buns / Rolls, Peas, Mashed Potatoes, 1% or Whole Milk Snack: String Cheese, White Grape Juice	10 Breakfast: Banana Muffin, Sliced Apples, 1% or Whole Milk Lunch: Ham and Cheese Wrap, Flour Tortillas, Blackeyed Peas, Potato / Tater Tots - Frozen, 1% or Whole Milk Snack: Cheeze Its, Pear-Grape Juice	11

12	<p style="text-align: center;">13</p> <p>Breakfast: Corn Chex, Applesauce, 1% or Whole Milk</p> <p>Lunch: Popcorn chicken, Rolls, French Fries, Corn, 1% or Whole Milk</p> <p>Snack: Wheat Crackers, Peach / Orchard Peach Juice</p>	<p style="text-align: center;">14</p> <p>Breakfast: Bagel w/Cream Cheese, Pineapple Tidbits, 1% or Whole Milk</p> <p>Lunch: Beefaroni, Wheat Bread, Potato / Tater Tots - Frozen, Fruit Mix with no grapes, 1% or Whole Milk</p> <p>Snack: Mixed Berry Muffins, White Grape Juice</p>	<p style="text-align: center;">15</p> <p>Breakfast: Buttermilk Biscuits w/ Gravy, Sliced Apples, 1% or Whole Milk</p> <p>Lunch: Diced Chicken, Chicken Alfredo, Mashed Potatoes, Peas, 1% or Whole Milk</p> <p>Snack: Gold Fish Crackers w/ Whole Grain, Cherry / Mountain Cherry Juice</p>	<p style="text-align: center;">16</p> <p>Breakfast: Croissants, Pears, 1% or Whole Milk</p> <p>Lunch: Turkey Breast, Wheat Bread, Green Beans, Mandarin Oranges, 1% or Whole Milk</p> <p>Snack: Saltine Crackers, Apples</p>	<p style="text-align: center;">17</p> <p>Breakfast: English Muffin, Tropical Fruit Mix, 1% or Whole Milk</p> <p>Lunch: Beef Meatballs, Hawaiian Bread, French Fries, Peaches, 1% or Whole Milk</p> <p>Snack: Pretzel - Soft, Strawberry Kiwi</p>	18
19	<p style="text-align: center;">20</p> <p>Breakfast: Kix, Peaches, 1% or Whole Milk</p> <p>Lunch: Beef Stix, Rolls, Baked Beans, Corn, 1% or Whole Milk</p> <p>Snack: Whole Grain Chips, Peach /Orchard Peach Juice</p>	<p style="text-align: center;">21</p> <p>Breakfast: Banana Muffin, Peaches, 1% or Whole Milk</p> <p>Lunch: Beef Lasagna, Garlic Bread, Peas, Peas, 1% or Whole Milk</p> <p>Snack: Animal Crackers, Mandarin / Tangerine Juice</p>	<p style="text-align: center;">22</p> <p>Breakfast: French Toast, Fruit Mix with no grapes, 1% or Whole Milk</p> <p>Lunch: Mac and Cheese, Rolls, Baked Beans, Sliced Apples, 1% or Whole Milk</p> <p>Snack: Hi Ho / Ritz Crackers, White Grape Juice</p>	<p style="text-align: center;">23</p> <p>Breakfast: Apple Muffins, Pineapple Tidbits, 1% or Whole Milk</p> <p>Lunch: Chicken Patty, Hamburger Buns, Carrots, Potato / Tater Tots - Frozen, 1% or Whole Milk</p> <p>Snack: Wheat Crackers, Grape Juice</p>	<p style="text-align: center;">24</p> <p>Breakfast: English Muffin, Applesauce, 1% or Whole Milk</p> <p>Lunch: Chicken Nuggets, Wheat Bread, French Fries, Peas, 1% or Whole Milk</p> <p>Snack: String Cheese, Pear-Grape Juice</p>	25

26	<p style="text-align: center;">27</p> <p>Breakfast: English Muffin, Tropical Fruit Mix, 1% or Whole Milk</p> <p>Lunch: Beef Meatballs, Hawaiian Bread, French Fries, Peaches, 1% or Whole Milk</p> <p>Snack: Pretzel - Soft, Strawberry Kiwi, 1% or Whole Milk</p>	<p style="text-align: center;">28</p> <p>Breakfast: Croissant Bacon/Egg/Cheese, Fruit Cocktail, 1% or Whole Milk</p> <p>Lunch: Beef Meatballs, Flat Bread, Peas and Carrots, Applesauce, 1% or Whole Milk</p> <p>Snack: Chex Mix or Snack Mix, Apple Juice</p>	<p style="text-align: center;">29</p> <p>Breakfast: Waffles, Mandarin Oranges, 1% or Whole Milk</p> <p>Lunch: Chicken Legs, Cheese Toast, Peas, Sliced Apples, 1% or Whole Milk</p> <p>Snack: Graham Crackers, --, 1% or Whole Milk</p>	<p style="text-align: center;">30</p> <p>Breakfast: Biscuits w/Sausage, Fruit Cocktail, 1% or Whole Milk</p> <p>Lunch: Beef Lasagna, Garlic Bread, Corn, Applesauce, 1% or Whole Milk</p> <p>Snack: Cheese Crackers, Mixed Juice</p>	<p style="text-align: center;">31</p> <p>Breakfast: Biscuit w/Scrambled Egg, Sliced Apples, 1% or Whole Milk</p> <p>Lunch: Spaghetti, Meatballs w/sauce, Potato / Tater Tots - Frozen, Greens, Fruit Cocktail, 1% or Whole Milk</p> <p>Snack: Hi Ho / Ritz Crackers, Apple-Cranberry Juice</p>	
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MENU

Our Meal Mission

Lake Dow is dedicated to delivering healthy meals and snacks to each of our students. Our nutrition standards are dedicated not only to upholding the guidelines set by the Georgia Department of Early Care and Learning (DECAL) but also to meeting the needs of our students' rapidly growing bodies and minds.

Menus You Can Trust

We prepare nutritional meals that contribute to the wellness, healthy growth and development of the young children in our care. Our breakfast, lunch and afternoon snack are prepared by our cooks on site, allowing us control over what we are adding to our food while using fresh ingredients whenever possible.

Health Considerations

We provide a well-rounded selection of nutritional options for our students, with special considerations for dietary restrictions and allergies.