

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Breakfast: Ham and Cheese Wrap, Whole Grain Flat Bread, Tropical Fruit, 1% or Whole Milk Lunch: Chicken Nuggets, Whole Grain Rolls, French Fries, Pineapple Tidbits, 1% or Whole Milk Snack: Cheese Crackers, Strawberry Kiwi	4 Breakfast: Biscuits w/Sausage, Fruit Mix with no grapes, 1% or Whole Milk Lunch: Beef Lasagna, Whole Grain Rolls, Green Beans, Applesauce, 1% or Whole Milk Snack: Whole Grain Chips, Peach / Orchard Peach Juice	5 Breakfast: Pancakes, Mandarin Oranges, 1% or Whole Milk Lunch: American Cheese, Whole Wheat Bread, Tater Tots, Peaches, 1% or Whole Milk Snack: Animal Crackers, Apple Juice	6 Breakfast: Banana Muffin, Pineapple, 1% or Whole Milk Lunch: Diced Chicken, White Rice, Peas, Sliced Apples, 1% or Whole Milk Snack: Pretzel (Hard or Soft), Apple Juice	7 Breakfast: Turkey Sausage, Grits, Peaches, 1% or Whole Milk Lunch: Cheese Pizza CN, Garlic Bread, Green Beans, Tropical Fruit, 1% or Whole Milk Snack: String Cheese, 1% or Whole Milk	8
9	10 Breakfast: Whole Grain Bagel w/Cream Cheese, Apples, 1% or Whole Milk Lunch: Beef Soft Taco, Rolls, Peas, Lettuce And Tomato, 1% or Whole Milk Snack: Whole Wheat Crackers, Mandarin Oranges	11 Breakfast: Pancakes, Pineapple, 1% or Whole Milk Lunch: Chicken Breasts, Whole Wheat Bread, Potato Mashed w/ gravy, Peaches, 1% or Whole Milk Snack: Turkey Lunchmeat, Whole Wheat Bread, White Grape Juice	12 Breakfast: Whole Grain Corn Chex, Peaches, 1% or Whole Milk Lunch: Meatballs (CN), Whole Grain Hot Dog Buns, Tater Tots, Oranges, 1% or Whole Milk Snack: Cheese Crackers, Apple Juice	13 Breakfast: Apple Muffins, Tropical Fruit Mix, 1% or Whole Milk Lunch: Hot Turkey and Cheese Melt, Whole Wheat Bread, French Fries, Apples, 1% or Whole Milk Snack: Graham Crackers, White Grape Juice	14 Breakfast: Whole Grain Cheerios, Peaches, 1% or Whole Milk Lunch: Popcorn chicken, Whole Grain Rolls, Corn, Apples, 1% or Whole Milk Snack: Mini Pretzels, White Grape Juice	15

16	17	18	19	20	21	22
	<p>Breakfast: French Toast, Sliced Apples, 1% or Whole Milk</p> <p>Lunch: Beefaroni, Whole Grain Rolls, French Fries, Pears, 1% or Whole Milk</p> <p>Snack: Animal Crackers, Apple Juice</p>	<p>Breakfast: Banana Muffin, Tropical Fruit, 1% or Whole Milk</p> <p>Lunch: Chicken Breasts, Whole Grain Rolls, Corn, Fruit Mix with no grapes, 1% or Whole Milk</p> <p>Snack: Saltine Crackers, Peach / Orchard Peach Juice</p>	<p>Breakfast: Eggs, Scrambled, Grits, Tropical Fruit Mix, 1% or Whole Milk</p> <p>Lunch: Mac and Cheese, Whole Grain Hawaiian Bread, Green Beans, Sliced Apples, 1% or Whole Milk</p> <p>Snack: Whole Wheat Crackers, Apple Juice</p>	<p>Breakfast: C.W. Post Raisin, Oranges, 1% or Whole Milk</p> <p>Lunch: Turkey Breast, Whole Wheat Bread, Peas, Tropical Fruit, 1% or Whole Milk</p> <p>Snack: Chex Mix or Snack Mix, White Grape Juice</p>	<p>Breakfast: Bagel w/Cream Cheese, Pineapple Tidbits, 1% or Whole Milk</p> <p>Lunch: Cheese Pizza CN, Garlic Bread, Corn, Fruit Mix with no grapes, 1% or Whole Milk</p> <p>Snack: String Cheese, Bagel w/Cream Cheese, Strawberry Kiwi</p>	
23	24	25	26	27	28	29
	<p>Breakfast: Pancakes & Sausage, Oranges, 1% or Whole Milk</p> <p>Lunch: BBQ Chicken Legs, Yellow Rice, Corn, Fruit Mix with no grapes, 1% or Whole Milk</p> <p>Snack: Whole Grain Chips, Peach / Orchard Peach Juice</p>	<p>Breakfast: Egg, Croissant, Bacon/Egg/Cheese, Pineapple Tidbits, 1% or Whole Milk</p> <p>Lunch: Ham, Whole Wheat Bread, Peas, Plums, 1% or Whole Milk</p> <p>Snack: Animal Crackers, Strawberry Kiwi</p>	<p>Breakfast: Hot Turkey and Cheese Melt, Whole Grain Pita Bread, French Fries, 1% or Whole Milk</p> <p>Lunch: American Cheese, Whole Wheat Bread, Tater Tots, Trop Mixed Fruit w/ Pineapple, Papaya, Guava, 1% or Whole Milk</p> <p>Snack: Chex Mix or Snack Mix, Peach / Orchard Peach Juice</p>	<p>Breakfast: Mixed Berry Muffins, Fruit Mix with no grapes, 1% or Whole Milk</p> <p>Lunch: Chicken Nuggets, Whole Grain Rolls, Green Beans, Sliced Apples, 1% or Whole Milk</p> <p>Snack: Mixed Berry Muffins, Fruit Mix with no grapes</p>	<p>Breakfast: French Toast, Peaches, 1% or Whole Milk</p> <p>Lunch: Cheese Pizza CN, Garlic Bread, Carrots, Corn, 1% or Whole Milk</p> <p>Snack: Saltine Crackers, Peach / Orchard Peach Juice</p>	
30	31					
	<p>Breakfast: Cheerios, Tropical Fruit Mix, 1% or Whole Milk</p> <p>Lunch: Beef Ground, Spaghetti Noodles, Peas, Fruit Salad, 1% or Whole Milk</p> <p>Snack: Hi Ho / Ritz Crackers, Strawberry Kiwi</p>					

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.