

A menu can be printed directly from the My Food Program web app or by exported as an Excel or PDF file. **Note:** the words that appear in print view are from the “Display Name” field in each day’s menu. If you type text in the Description for Print View then the software uses that text instead of the Display Name.

To print a menu:

- Click on “Menu” on the main dashboard.
- Click on the “Print Menus” button at the top of the page.
- Select “Monthly Child Menu Print-Ready”.
 - After you click “Monthly Child Menu Print-Ready” a report will be generated and the page will refresh. Click on “Download Print-Ready Menu” and save the PDF document in your location of choice.

Monthly Child Menu							
							August 2020
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27 Breakfast: 1% Milk (2 yrs+); Whole Milk (1 yr); Pineapple; Bread WGR Lunch: 1% Milk (2 yrs+); Whole Milk (1 yr); Parmesan or Romano Cheese; Bread WGR; Oranges; Tomatoes; Cucumbers PM Snack: Carrots; Applesauce	28 Breakfast: 1% Milk (2 yrs+); Whole Milk (1 yr); Bread WGR; Mandarin Oranges Lunch: 1% Milk (2 yrs+); Whole Milk (1 yr); Ground Beef; Broccoli; Cantaloupe; Bread WGR PM Snack: Bananas; Bread WGR	29 Breakfast: 1% Milk (2 yrs+); Whole Milk (1 yr); Pears; Eggs; Bread WGR; Cheese Lunch: Ground Beef; Scalloped Potatoes; Corn; Tortillas; 1% Milk (2 yrs+); Whole Milk (1 yr) PM Snack: Ritz Crackers; Watermelon	30 Breakfast: 1% Milk (2 yrs+); Whole Milk (1 yr); Bananas; Waffles Lunch: 1% Milk (2 yrs+); Whole Milk (1 yr); Bread WGR; Ground Beef; Cucumbers; Roasted Potatoes; Cantaloupe PM Snack: Teddy Grahams WGR; Apple Juice (100% Juice)	31 Breakfast: 1% Milk (2 yrs+); Whole Milk (1 yr); Apples; Cheerios WGR Lunch: 1% Milk (2 yrs+); Whole Milk (1 yr); Chicken Nuggets; Tenders or Strips; Bananas; Roasted Potatoes; Bread WGR PM Snack: Animal Crackers; Applesauce; Sun Chips WGR	1	
2	3 Breakfast: 1% Milk (2 yrs+); Whole Milk (1 yr); Whole Milk (1 yr); Cucumbers; Bread WGR Lunch: Whole Milk (1 yr); 1% Milk (2 yrs+); Chicken Nuggets; Tenders or Strips; Cucumbers; Cantaloupe; Bread WGR; Lactose-free 1% Milk PM Snack: Bread WGR; Peanut Butter	4 Breakfast: 1% Milk (2 yrs+); Apples; Cheerios WGR Lunch: 1% Milk (2 yrs+); Whole Milk (1 yr); Chicken Nuggets; Tenders or Strips; Broccoli; Apples; Bread WGR PM Snack: Bread WGR; Peanut Butter	5 Breakfast: Whole Milk (1 yr); 1% Milk (2 yrs+); Bread WGR; Pears Lunch: Chicken; 1% Milk (2 yrs+); Whole Milk (1 yr); Tortillas; Apples; Green Beans PM Snack: Animal Crackers WGR; Cheese	6 Breakfast: Bread WGR; Apples; 1% Milk (2 yrs+); Whole Milk (1 yr) Lunch: Ground Beef; Spaghetti; Mashed Potatoes; Mandarin Oranges; 1% Milk (2 yrs+); Whole Milk (1 yr) PM Snack: Graham Crackers; Bananas; Apple Juice (100% Juice)	7 Breakfast: 1% Milk (2 yrs+); Whole Milk (1 yr); Pinto Beans; Bread WGR Lunch: Hot Dogs; French Fries; Applesauce; Buns WGR; 1% Milk (2 yrs+); Whole Milk (1 yr) PM Snack: Apple Juice (100% Juice); Sun Chips WGR	8	
9	10 Breakfast: Milk; Apple Slices; Toast Lunch: 1% Milk (2 yrs+); Whole Milk (1 yr); Deli Ham; Grapes; Goldfish Crackers; Waffles WGR; Cucumbers PM Snack: Waffles; Bananas	11 Breakfast: Milk; Apple Slices; Cheerios WGR Lunch: 1% Milk (2 yrs+); Whole Milk (1 yr); Beef Ribeye; Corn; Grapes; Bread WGR PM Snack: Celery; Peanut Butter	12 Breakfast: 1% Milk (2 yrs+); Whole Milk (1 yr); Bread WGR; Bananas Lunch: Cheese; Ham; Cucumbers; Apples; Tortillas; 1% Milk (2 yrs+); Whole Milk (1 yr) PM Snack: Peanut Butter; Apples	13 Breakfast: Bananas; Bread WGR; 1% Milk (2 yrs+); Whole Milk (1 yr) Lunch: Ground Beef; Corn; Spaghetti; Mashed Potatoes; 1% Milk (2 yrs+); Whole Milk (1 yr) PM Snack: Peanut Butter; Bread WGR	14 Breakfast: Milk; Apple Slices; Toast Lunch: 1% Milk (2 yrs+); Whole Milk (1 yr); Pinto Beans; Pinto Beans; Chicken Drumsticks; Broccoli; Bread WGR PM Snack: Goldfish Crackers; Cheese	15	