




AUGUST MENU

Milk Served Everyday
MENU SUBJECT TO CHANGE

3rd, 4th, and 5th Graders have a choice of lunch A or B
(A is listed first, B is listed second)

"This institution is an equal opportunity provider."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FRUIT OF THE MONTH Strawberries</p> <p>Did you Know: Strawberries are a great source of antioxidants and helps in keeping your skin flawless. They contain vitamin C & K, folic acid, manganese and potassium.</p>				
				
<p>10 B-Cereal to Go L-Chicken Nuggets 13g Green Beans 4g Baby Carrots 6g Applesauce 23g School Bus Cookie 16g</p>	<p>11 B-Cheesy Omelet/Toast/Fruit L-Walking Tacos 29g Lettuce 0g & Cheese 0g Refried Beans 12g Grape Tomatoes 6g Fruit Cocktail 16g</p>	<p>12 B-Egg & Cheese Muffin/Fruit L-French Toast Bites 19g/ Sausage 0g/syrup 30g Tri Tator 13g Cucumber Slices 5g Orange Smiles 21g</p>	<p>13 B-French Toast Sticks/Fruit BOX LUNCH L-Ham Sandwich 24g Chips 18g Celery & Carrots 8g Slushie 19g Cookie 18g</p>	<p>14 B-Pancake/sausage on a stick w/syrup/Fruit L-Cheese Pizza 26g Cooked Carrots 7g Romaine Lettuce 2g Pears 20g</p>
<p>17 B-Cereal to Go L-Chicken Leg 5g Potato Wedges 20g Baby Carrots 6g Pears 20g Cinnamon Biscuit 23g</p>	<p>18 B-Egg & Bacon Muffin/Fruit L-Cheeseburger Sandwich 26g Baked Beans 36g Cucumbers 5g Applesauce 23g</p>	<p>19 B-Mini Waffles/Fruit L-Chicken Tenders 16g Romaine Lettuce 2g Tri Tator 13g Peaches 17g Breadstick 14g</p>	<p>20 B-Biscuit & Gravy/Fruit L-Stuffed Breadsticks 17g ea Marinara Sauce 8g Green Beans 4g Fruit Cocktail 16g</p>	<p>21 B-Breakfast Pizza/Fruit L-Nachos 18g & Cheese 4g California Blend 3g Green Peppers 4g Strawberries & Blueberries 22g</p>
<p>24 B-Cereal to Go L-Chicken Fryz 10g Green Beans 4g Baby Carrots 6g Peaches 17g Cho Chip Chortle 17g</p>	<p>25 B-Mini Waffles/Fruit L-Soft Tacos 28g Lettuce 2g & Cheese 0g Refried Beans 12g Grape Tomatoes 6g Applesauce 23g</p>	<p>26 B-Egg & Cheese Muffin/Fruit L-Hot Dog Sandwich 24g French Fries 26g Green Peppers 4g Pears 20g</p>	<p>27 B-Cheesy Omelet/Toast/Fruit L-Chicken Patty Sand. 36g Corn 28g Cucumber Slices 5g Fruit Cocktail 16g</p>	<p>28 B-Pancake /sausage on a stick w/syrup/Fruit L-Pepperoni Pizza 26g Steamed Broccoli 5g Celery 4g Grapes</p>
<p>31 B-Cereal to Go BOX LUNCH L-Ham Sandwich 24g Chips 18g Carrots & Celery 8g Slushie 19g Cookie 18g</p>	<p>Milk fat free 11g Milk-chocolate 19g Ranch dressing-1 oz 1g French dressing 1 oz 9g Yogurt 19g</p>	<p>This institution is an equal opportunity provider Carbohydrates are in red</p>		