



AUGUST MENU

We're Going Back To School



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
FRUIT OF THE MONTH Strawberries 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.				
10 B-Cereal to Go L-Chicken Nuggets Green Beans Baby Carrots Applesauce School Bus Cookie	11 B-Cheesy Omelet/Toast/Fruit L-Walking Tacos Lettuce & Cheese Refried Beans Grape Tomatoes Fruit Cocktail	12 B-Egg & Cheese Muffin/Fruit L-French Toast Bites/syrup Sausage Tri Tator Cucumber Slices Orange Smiles	13 B-French Toast Sticks/Fruit BOX LUNCH L-Ham Sandwich Chips Celery & Carrots Slushie Cookie	14 B-Pancake/sausage on a stick w/syrup/Fruit L-Cheese Pizza Cooked Carrots Romaine Lettuce Pears
17 B-Cereal to Go L-Chicken Leg Potato Wedges Baby Carrots Pears Cinnamon Biscuit	18 B-Egg & Bacon Muffin/Fruit L-Cheeseburger Sandwich Baked Beans Cucumbers Applesauce	19 B-Mini Waffles/Fruit L-Chicken Tenders Romaine Lettuce Tri Tator Peaches Breadstick	20 B-Biscuit & Gravy/Fruit L-Stuffed Breadsticks Marinara Sauce Green Beans Fruit Cocktail	21 B-Breakfast Pizza/Fruit L-Nachos & Cheese California Blend Green Peppers Strawberries & Blueberries
24 B-Cereal to Go L-Chicken Fryz Green Beans Baby Carrots Peaches Chocolate Chip Chortle	25 B-Mini Waffles/Fruit L-Soft Tacos Lettuce & Cheese Refried Beans Grape Tomatoes Applesauce	26 B-Egg & Cheese Muffin/Fruit L-Hot Dog Sandwich French Fries Green Peppers Pears	27 B-Cheesy Omelet/Toast/Fruit L-Chicken Patty Sand. Corn Cucumber Slices Fruit Cocktail	28 B-Pancake /sausage on a stick w/syrup/Fruit L-Pepperoni Pizza Steamed Broccoli Celery Grapes
31 B-Cereal to Go BOX LUNCH L-Ham Sandwich Chips Carrots & Celery Slushie Cookie				

Don't forget Northern Wells Community Schools serves breakfast every day. Your student could start their day with a nutritional advantage.

