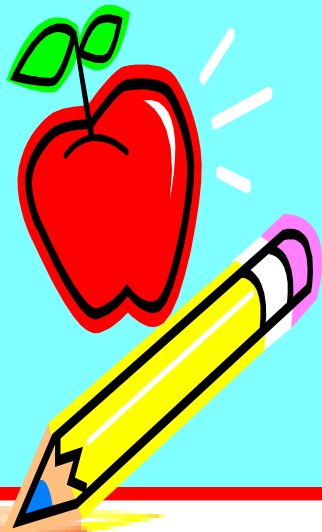
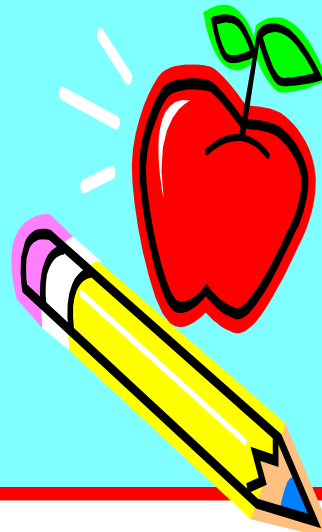


# Elementary Menu

## AUGUST



Back to School!



Do you want to do great in school this year? Below are some tip to help you do your best!

- Exercise! Scientists have found that exercise can help Jumpstart your brain so you can get better grades
- Eat breakfast! It helps you concentrate and improve in the classroom!
- Get lots of sleep! You need to be rested so you can learn and play.

Fruits and Vegetables are an important part of your child's diet! Sometimes, a fun arrangement can get kids eating. Make up a plate of mini foods (baby carrots, baby corn, cherry tomatoes, etc.) or make a face out of vegetables, complete with peas for eyes, a carrot for the nose and sprouts for hair!

Every Lunch also includes a choice of milk.

### Monday

Smothered Steaks or Chicken Rings  
Hot Roll  
Mashed Potatoes  
Steamed Broccoli  
Fruit Cup

27

### Tuesday

Chicken Parmesan with Garlic Stick or Pizza  
Seasoned Veggies  
Garden Salad  
Berries & Cream

28

### Wednesday

Asian Bowl  
Steamed Vegetables  
Glazed Carrots  
Pineapple Chunks  
or BYSL

29

### Thursday

Tacos  
Charro Beans  
Spanish Rice  
Lettuce & Tomato  
Homemade Salsa  
Fruit Cup

30

### Friday

Burger & Fries  
Lettuce & Pickles  
Sliced Tomatoes  
Fresh Fruit

31

### Monday

Pop Tarts & Cereal

### Tuesday

Scrambled Eggs with Bacon and Toast

### Wednesday

Biscuits and Gravy or Pancake Wrap

### Thursday

Breakfast Pizza or Chicken Biscuit

### Friday

Breakfast Sandwich or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Breakfast