

August Menu

Elementary

Lunch:

Every lunch includes an additional choice of a Grab & Go lunch and a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome Back! 		11th Lasagna with Garlic Toast or Pizza Seasoned Vegetables Side Salad Fruit Cup	12th Chicken Nuggets or Steak Fingers with Hot Roll Mashed Potatoes Seasoned Vegetables Banana Sundaes	13th Cheese Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
16th Asian Bowl or Egg Rolls with Fried Rice Steamed Oriental Vegetables Side Salad Fruit Cup	17th Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple Fluff	18th Spaghetti with Meat Sauce and Garlic Toast or Pizza Seasoned Green Beans Side Salad Fruit Cup	19th Smothered Steak or Chicken Strips with Hot Roll Mashed Potatoes Seasoned Vegetables Apple Crisp	20th Chicken Sandwich or Specialty Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
23rd Sausage Wrap or Hot Dog Popcorn Baked Beans Carrot Dippers Fruit Cup	24th Crisпитos or Burrito Lettuce & Tomato Pinto Beans Spanish Rice Homemade Salsa Berries & Cream	25th Meatball Sub with Chips or Pizza Side Salad Seasoned Vegetables Fruit Cup	26th Popcorn Shrimp or Popcorn Chicken with French Fries and Corn Bread Muffin Steamed Broccoli Fruit Salad	27th Cheese Burger or BBQ on Bun Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit

Lunch Time!

After all that time in class, you deserve a chance to head to the cafeteria to sit down, relax, and enjoy the company of your friends over a yummy meal!

Your school's lunch is designed with your health in mind. It's packed full of vitamins and minerals that will help you to do your best in school!

School lunchtime is full of choices. Choose an entree and any side items you would like. **Don't forget to pick up at least a 1/2 cup of vitamin packed fruits or vegetables.**

Eating a variety of healthy foods helps:

- Give you energy
- You grow the way you should
- You from getting sick

Think of your school lunch as the fuel you put in your tank. If you choose the wrong kind of fuel, you may just run out of energy before the day is over.

Breakfast:

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Breakfast Pizza	Yogurt Parfait with Scoobies	Waffles	Eggs with Bacon or Sausage and Toast	Breakfast Sweet Roll
Week 2	Donut Shop	Pig in a Blanket	Biscuits and Gravy	Mini Maple Pancakes	Breakfast Sandwich