

August Menu

Lunch:

Secondary

Every Lunch included an additional choice of a Grab & Go Lunch and Choice of Milk

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

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	Breakfast Taco	Breakfast Sweet Roll
Week 2	Donuts	Pig in a Blanket	Biscuits and Sausage	Mini Maple Pancakes	Breakfast Sandwich

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.