

August Menu

Lunch:

Every Lunch also Includes a choice of Milk

Pre-K/Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
		9th Country Bowl Hot Roll Glazed Carrots Fruit Cup	10th Big Grilled Sandwich Mac & Cheese Tumbleweed Bites Fruit Cup	11th Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
14th Choice of Pizza Seasoned Vegetables Fruit Cup	15th Tacos Pinto Beans Lettuce & Tomato Spanish Rice Oranges Smiles	16th Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	17th Hot Dog Choice of Chips Carrot Dippers Frozen Fruit Treat	18th Bacon Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
21st Choice of Pizza Seasoned Vegetables Fruit Dessert	22nd Tornados Garden Fresh Salad Pinto Beans Spanish Rice Fruit Cup	23rd Chicken Strips Hot Roll Mashed Potatoes Street Corn Mixed Fruit Cup	24th Popcorn Chicken Fried Rice Seasoned Vegetables Fruit Salad	25th Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
28th Spaghetti with Meat Sauce Garlic Toast Seasoned Green Beans Strawberries & Cream	29th Nachos Refried Beans Tossed Salad Spanish Rice Fresh Apple	30th Chicken & Waffles Steamed Vegetables Colorful Pears	31st Mini Corn Dogs Mac & Cheese Cucumber Nachos Fruit Cup	September 1st Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie 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:

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Breakfast on Bun	French Toast Sticks	Bacon & Eggs with Toast	Breakfast Taco	Biscuits & Gravy
Week 2 & 4	Breakfast Bowl	Pancake Wrap	Eggs and Sausage with Toast	Breakfast Pizza	Yogurt Parfait & Scoobies

This institution is an equal opportunity provider. The menu is subject to change based on supplier availability.