

AUGUST MENU

SECONDARY

Monday

27
Smothered Steaks or Chicken Strips with Hot Roll
Mashed Potatoes
Steamed Broccoli
Fruit Cup

Tuesday

28
Chicken Parmesan w/Garlic Stick or Pizza or Burger
Seasoned Veggies
Fresh Salad and Salad Toppings
Berries & Cream

Wednesday

29
Asian Bowl or Cheese Burgers
Steamed Vegetables
Fresh Salad and Salad Toppings
Pineapple Chunks

Thursday

30
Tacos with Spanish Rice or Pizza
Charro Beans
Fresh Salad and Salad Toppings
Homemade Salsa

Friday

31
Burger & Fries
Fresh Salad and Salad Toppings
Fresh Fruit

Do you want to do great in school this year?
Below are some tips 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.

Welcome Back To School!



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

Monday

Pop Tarts & Cereal

Tuesday

Scrambled Eggs with Bacon and Toast

Wednesday

Biscuits and Gravy

Thursday

Breakfast Pizza

Friday

Breakfast Sandwich



Every Lunch also includes a choice of milk.