

Elementary Menu

AUGUST



Every Lunch also includes a choice of milk.

Monday

Chicken Nuggets or Steak Fingers 20
Hot Roll
Mashed Potatoes
Green Beans
Fruit Cup

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

Tuesday

Italian Dippers or Pizza 21
Seasoned Veggies
Italian Salad
Colorful Apple Sauce

Chicken Parmesan with Garlic Stick or Pizza 28
Seasoned Veggies
Garden Salad
Berries & Cream

Wednesday

Homemade Pigs in a Blanket or Corn Dog 22
Cucumber Nachos
Baked Beans
Fruit Cup

Asian Bowl 29
Steamed Vegetables
Glazed Carrots
Pineapple Chunks or BYSL

Thursday

Nachos 23
Refried Beans
Spanish Rice
Lettuce & Tomato
Homemade Salsa
Fruit Cup

Tacos 30
Charro Beans
Spanish Rice
Lettuce & Tomato
Homemade Salsa
Fruit Cup

Friday

Burger & Fries 24
Lettuce & Pickles
Sliced Tomatoes
Fresh Fruit

Burger & Fries 31
Lettuce & Pickles
Sliced Tomatoes
Fresh Fruit

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.

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!

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