

AUGUST MENU

SECONDARY

Welcome Back To School!

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.



Monday

20
Chicken Nuggets or Chicken Fried Steak with Hot Roll
Mashed Potatoes
Fresh Salad with Salad Toppings
Fruit Cup

Tuesday

21
French Bread Pizza or Specialty Pizza
Seasoned Veggies
Fresh Salad with Salad Toppings
Colorful Apple Sauce

Wednesday

22
Homemade Pigs in a Blanket or Corn Dog
Fresh Salad with Salad Toppings
Baked Beans
Fruit Cup

Thursday

23
Nachos
Refried Beans
Spanish Rice
Fresh Salad with Salad Toppings
Homemade Salsa
Fruit Cup

Friday

24
Burger & Fries
Fresh Salad with Salad Toppings
Fresh Fruit

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

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

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

30
Tacos
Charro Beans
Spanish Rice
Fresh Salad with Salad Toppings
Homemade Salsa
Fruit Cup

31
Burger & Fries
Fresh Salad with Salad Toppings
Fresh Fruit

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 or Cinnamon Roll

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



Every Lunch also includes a choice of milk.