

August 2019

Type Your School Name Here

LUNCH



All meals include a choice of non-fat or 1% milk. This institution is an equal opportunity provider.



Nutrition Tip: August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Reference: USDA MyPlate

Monday



Tuesday



Wednesday

Thursday

Friday

5

6

7

8

9

12

13

14

15

16

Chili Cheese Dog
With Potato Wedges
Fresh Broccoli
Peaches
Milk

19

Creamed Chicken
With Mashed Potatoes & Gravy
Corn
Hot Roll
Tropical Fruit
Milk

20

Meat Ball Subs
With Spinach Mixed Salad
Black-eyed Peas
Fresh Grapes
Milk

21

Chicken Quesadilla
With Ranch Style Beans
Hominy
Mandarin Oranges
Milk

22

Hamburger
With Leafy Lettuce & Pickles
Baked FF
Apple Slices
Milk

23

Chicken Nuggets
With Potato Wedges
Peas & Carrots
Pears
Milk

26

Pulled Pork Sandwich
With Baked Beans
Mixed Vegetables
Fruit Cocktail
Milk

27

Mac & Cheese
With Leafy Green Salad
Cooked Broccoli
Hot Roll
Fresh Grapes
Milk

28

Corn Dogs
With Tater Tots
Baby Carrots
Apple Slices
Milk

29

Fish Sandwich
With Tartar Sauce & Leafy
Lettuce
Potato Chips
Peaches
Cookie & Milk

30

August 2019

BREAKFAST



All meals include a choice of non-fat or 1% milk. This institution is an equal opportunity provider



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.



Reference: USDA MyPlate

Monday



Tuesday

Wednesday

Thursday

Friday

5

6

7

1

2

8

9

12

13

14

15

16

Breakfast Pizza
With Tropical Fruit
Juice
Milk

19

Cheddar Omelet
With Toast & Jelly
Mandarin Oranges
Juice
Milk

20

Sausage Pancake on a Stick
With Apple Sauce
Juice
Milk

21

Biscuit & Sausage Gravy
With a Banana
Juice
Milk

22

Bacon Egg & Cheese Bagel
With Orange Slices
Juice
Milk

23

French Toast Sticks
With a Sausage Patty
Pineapple Tidbits
Juice
Milk

26

Breakfast Soft Tacos
With Salsa
Peaches
Juice
Milk

27

Ham & Egg Biscuit
With Fruit Cocktail
Juice
Milk

28

Cinnamon Roll
With a Yogurt Cup
Banana
Juice
Milk

29

Cheese Toast
With Little Smokies
Orange Slices
Juice
Milk

30

August 2019

Type Your School Name Here

LUNCH



School Information: Type your school information here.



Nutrition Tip: August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

