



All meals include a choice of non-fat or 1% milk.  
This institution is an equal opportunity provider.  
Menu is subject to change due to supply shortage.



**Nutrition Tip:** Drink water! Sip water or other drinks with few or no calories to stay hydrated and 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

SACK LUNCHES AVAILABLE

1

SACK LUNCHES AVAILABLE

2

SACK LUNCHES AVAILABLE

3

SACK LUNCHES AVAILABLE

4

SACK LUNCHES AVAILABLE

5

NO SACK LUNCHES AVAILABLE

8

SACK LUNCHES AVAILABLE

9

SACK LUNCHES AVAILABLE

10

Biscuits  
Sausage gravy  
Fruit  
Juice  
Milk

11

Pancake on a stick  
Yogurt & granola  
Fruit  
Juice  
Milk

12

Sausage, egg & cheese  
Burrito  
Fruit  
Juice  
Milk

Combo bar  
Banana bread  
Gogurt  
Fruit  
Juice/Milk

Donut  
Cheese stick  
Fruit  
Juice  
Milk

17

French toast  
Sausage  
Fruit  
Juice  
milk

Chicken biscuit  
Hashbrown patty  
Fruit  
Juice  
Milk

19

Oatmeal  
Cinnamon raisin toast  
Cheese stick  
Fruit  
Juice/Milk

22

Blueberry muffin  
Yogurt & granola  
Fruit  
Juice  
Milk

23

\*\* Waffles\*\*  
Sausage  
Fruit  
Juice  
Milk

25

Cereal  
Poptart  
Cheese stick  
Fruit  
Juice/Milk

Scrambled eggs  
w/ ham & cheese  
Biscuit  
Fruit  
Juice//Milk

26

Biscuits  
Sausage gravy  
Fruit  
Juice  
Milk

29

Fried egg, sausage,  
cheese English muffin  
Fruit  
Juice  
Milk

30

Tornado  
Fruit strudel  
Fruit  
Juice  
Milk

31





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**August is National Panini Month!** A panini is a sandwich made on delicious Italian bread, loaded with meat, cheese and veggies and grilled to perfection. Experiment with different toppings to find your perfect panini!



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1

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5

NO SACK LUNCHES AVAILABLE

8

SACK LUNCHES AVAILABLE

9

SACK LUNCHES AVAILABLE

10

**\*\*Ham and cheese panini\*\***  
Fresh carrots  
Celery sticks  
Fruit  
Milk

11

Tater tot casserole  
Roll  
Romaine, spinach, tomato salad  
Fruit  
Milk

12

Taco salad w/ salsa  
Ranch beans  
Fruit  
Milk  
**\*\*Cupcakes\*\***

15

Salisbury steak  
Brown rice & gravy  
Peas  
Carrots  
Fruit/ Milk

16

Corn dogs  
Loaded fries  
Carrots  
Fruit  
Milk

17

Double cheeseburgers  
Tomato/romaine/pickle  
Tater tots  
Fruit/ Milk  
**\*\*Soft ice cream\*\***

18

**\*\*Baked potato\*\***  
Diced ham  
Roll  
Spinach/ fresh cucumbers  
Fruit/ Milk

19

Lil smokies  
Mac'n'cheese  
Pork & beans  
Corn on the cob  
Fruit/ Milk

22

Chicken spaghetti  
Garlic bread  
Romaine & tomato salad  
Fruit/ Milk  
**\*\*Strawberry shortcake\*\***

23

Pizza  
Breadsticks  
Green beans  
Carrots  
Fruit/ Milk

24

Orange chicken  
Egg roll  
Fried rice  
Stir fry  
Fruit/ Milk  
**\*\*Banana split smoothie\*\***

25

Chicken soft tacos w/salsa  
Lettuce, tomato, cheese  
Spanish rice  
Refried beans  
Fruit/ Milk

26

Frito chili pie w/salsa  
Romaine & tomato  
Salad  
Fruit  
Milk

29

Pulled pork  
Hawaiian roll  
Corn on the cob  
Cauliflower W/cheese  
Fruit/ Milk

30

Hot dogs  
Carrots & celery  
Chips  
Slush/ Milk  
**\*\*Trail mix\*\***  
**\*\*National eat outside day\*\***

31

