



Welcome Back!
 Hope You Had a Great Summer!
 Breakfast includes cold cereal, toast, fruit and juice.
 Nonfat flavored or 1% unflavored milk are available for
 breakfast and lunch.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
 Breakfast \$2.00 Lunch \$3.00 Adult Breakfast \$2.50 Adult Lunch \$3.65



Monday

Tuesday

Wednesday

Thursday

Friday

1

NO SCHOOL

2

NO SCHOOL

3

NO SCHOOL

4

NO SCHOOL

5

NO SCHOOL

8

NO SCHOOL

9

NO SCHOOL

10

NO SCHOOL

11

NO SCHOOL

12

NO SCHOOL

15

NO SCHOOL

16

NO SCHOOL

French Toast Sticks

Chicken Nuggets
 Hamburger
 Mashed Potatoes
 Baked Beans
 Applesauce
 Peaches

17

Waffles

Turkey Bacon Flatbread
 Corn Dog
 Peppers/Tomatoes
 Oven Brown Potatoes
 Grapes
 Pears

18

Tornado

Burrito
 Chicken and Rice
 Mixed Greens Salad
 Carrots
 Banana or Mixed Fruit
 Chocolate Cookie

19

Breakfast Bagel

Pork Rib Sandwich
 Cheese Quesadilla
 Carrot Sticks
 Green Beans
 Kiwi
 Pineapple

22

Fruit/Yogurt Parfait

Cheese Pizza
 Fish Shapes
 Creamy Cole Slaw
 Carrots
 Strawberries or Peaches
 Apple Spice Cake

23

Pancakes

Nachos Grandes
 BBQ Pork Sandwich
 Mexican Bean Dip
 Corn
 Apple Slices
 Mandarin Oranges

24

Muffin

Sliced Turkey/Breadstick
 Soft Taco
 Mixed Greens Salad
 Mashed Potatoes
 Watermelon
 Pears

25

Breakfast Pizza

BBQ Chicken Wings
 Cheesy Bread
 Celery Sticks
 Tator Tots
 Grapes
 Applesauce

26

Breakfast Wrap

Chicken Strips
 Ravioli
 Red Pepper Strips
 Sweet Potato Fries
 Orange Slices
 Mixed Fruit

29

Eggs/Hashbrowns

Bosco Sticks
 Sloppy Joe
 Carrot Sticks or Baked Beans
 Cantaloupe
 Mandarin Oranges

30

French Toast Sticks

Horseshoe
 Chicken Fajita
 Marinated Veg Salad
 Peas
 Banana or Pineapple
 Triple Berry Buckle

31

