



**Please return lunch applications**  
**Breakfast is .75 Lunch is \$2.00**  
**Reduced price Breakfast is .10 and**  
**Reduced lunch is .40**



**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

1

2

**National Watermelon Day** 3

4

5

8

9

10

Breakfast bars  
 Fruit  
 Cereal  
 Juice  
 Milk 11

12

Cinnamon roll  
 Fruit  
 Cereal  
 Juice  
 Milk

15

French toast sticks  
 Fruit  
 Cereal  
 Juice  
 Milk

16

Scrambled eggs  
 Hash brown  
 Toast  
 Fruit and juice  
 Cereal  
 Milk

17

Blueberry muffin  
 Fruit  
 Cereal  
 Juice  
 Milk

18

Biscuit & sausage gravy  
 Fruit  
 Cereal  
 Juice  
 Milk

19

Cinnamon roll  
 Fruit  
 Cereal  
 Juice  
 Milk

22

Biscuit & sausage  
 Fruit  
 Cereal  
 Juice  
 Milk

23

Oatmeal  
 Toast  
 Cereal  
 Fruit  
 Juice  
 Milk

24

**National Waffle Day**  
**Waffle**  
**Sausage link**  
**Cereal**  
**Fruit / Juice**  
**Milk**

25

Fruit & yogurt parfait  
 Toast  
 Cereal  
 Juice  
 Milk

26

Cinnamon roll  
 Fruit  
 Cereal  
 Juice  
 Milk

29

Chocolate long john  
 Fruit  
 Cereal  
 Juice  
 Milk

30

Bacon egg & cheese  
 biscuit  
 Fruit  
 Cereal  
 Juice  
 Milk

31

Sausage roll  
 Fruit  
 Cereal  
 Juice  
 Milk





**School Information:** High School Meals will also include salad bar, juice and lemonade.



**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!



### MONDAY

### TUESDAY

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1

2

**National Watermelon Day** 3

4

5

8

9

10

11  
Stromboli  
French Fries  
Veggie Cup  
Fruit and Milk

12  
Chicken strips  
Mashed potatoes  
Steamed Broccoli  
Whole Wheat Roll  
Fruit and Milk

15  
Pizza  
Salad  
Carrots  
Fruit  
Milk

16  
Hamburger  
Lettuce/tomato  
French Fries  
Fruit  
Milk

17  
Chicken Fried Steak  
Mashed Potatoes  
Green Beans  
Whole Wheat Roll  
Fruit and Milk

18  
Spaghetti  
Salad  
String Cheese  
Whole Wheat Roll  
Fruit and Milk

19  
Tamales  
Tortilla Chips and Salsa  
Fried Rice  
Beans  
Fruit and Milk

22  
Walking Taco  
Salsa  
Carrots  
Fruit and Milk

16  
Chicken Strips  
Mashed Potatoes  
Corn  
Whole Wheat Roll  
Fruit and Milk

24  
Lasagna Roll Up  
Salad with cherry tomatoes  
w.w. garlic rolls  
fruit and milk

25  
Corn dog  
French Fries  
Cucumbers  
Fruit and Milk

26  
Orange Chicken  
Chicken Egg Roll  
Chow Mein Noodles  
Steamed Broccoli  
Fortune Cookies  
Oranges and milk

29  
Pizza  
Salad  
Carrots  
Fruit and Milk

30  
Hot Dogs  
French Fries  
Baked beans  
Fruit and milk

31  
Buffalo Chicken Nachos  
Salsa  
Beans  
Fruit and Milk

