

Back to school



Menus for August 2022

SCMS & 5GA

NUTRITION *TO GO*

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS



We're **SO GLAD** to see you again! It's going to be a **GREAT YEAR!**

This institution is an equal opportunity provider.

Monday, August 1	Tuesday, August 2	Wednesday, August 3	Thursday, August 4	Friday, August 5
	<u>LUNCH</u> Hot Dog Baked Beans Tator Tots Fruit	<u>LUNCH</u> Brunch For Lunch	<u>LUNCH</u> Chicken Sandwich Lettuce/Tomato/ Pickles Veggie Dippers French Fries Fruit	<u>LUNCH</u> Pizza Garden Salad Corn Frozen Fruit Cup
Monday, August 8	Tuesday, August 9	Wednesday, August 10	Thursday, August 11	Friday, August 12
<u>LUNCH</u> Cheeseburger Lettuce/Pickles Baked Beans Potato Wedges Fruit	<u>LUNCH</u> Walking Taco Lettuce, Salsa, Cheese Corn & Black Beans Fruit	<u>LUNCH</u> Fish Sticks Hushpuppies Mac N Cheese Black Eyed Peas Fruit	<u>LUNCH</u> Chicken Rice Bowl Oriental Veggies Veggie Dippers Fruit Fortune Cookie	<u>LUNCH</u> Pizza Stix w/ Marinara Corn Garden Salad Fruit

WELCOME BACK!

Students:

Breakfast-No Charge
Lunch-No Charge

Daily Options:

PBJ Sandwich,
String Cheese
Daily Fruit/Veggie Choices
or
Protein Power Pack
with Yogurt,
String Cheese,
Grain, & Daily
Fruit/Veggie Choices
or
Chef Salad w/Protein, Grain
& Daily Fruit/Veggie Choices

All meals include milk choice:

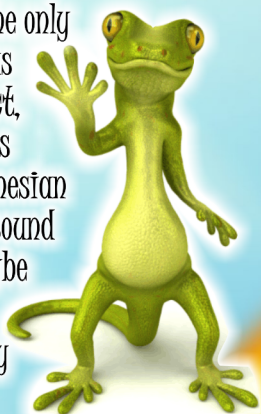
Fat Free Flavored,
Skim, and 1% milk

Harvest of the Month
Watermelon

Market conditions, delivery, and availability of food may require changes in menu.

1 AND ONLY!

The gecko is the only lizard that has a voice. In fact, its name comes from the Indonesian word for the sound it makes. Maybe that's why it's on so many commercials!



**Now serving: Protein,
Calcium and
...FIBER?!**



Flavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes just 14 g of added sugar – that's about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.

No wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids -- and a fairly minimal source of sugar and calories.

Monday, August 15

LUNCH
Mini Corn Dogs
Baked Beans
Veggie Dippers
French Fries
Fruit

Tuesday, August 16

LUNCH
Chicken Burrito
Salsa & Cheese
Corn
Black Beans
Fruit

Wednesday, August 17

LUNCH
Spaghetti & Meat
Sauce
Garlic Bread
Garden Salad
English Peas
Fruit

Thursday, August 18

LUNCH
Chicken Tenders
Biscuit & Gravy
Roasted Potatoes
Broccoli w/cheese
Fruit

Friday, August 19

LUNCH
Pizza
Garden Salad
Corn
Frozen Fruit Cup

Monday, August 22

LUNCH
Sub Your Way
Ham & Cheese
w/fixings
Veggie Dippers
Baked Chips
Fruit

Tuesday, August 23

LUNCH
Cowboy Nachos
Salsa & Cheese
Black Bean Salad
Corn
Fruit

Wednesday, August 24

LUNCH
Super Pretzel w/
Cheese
Broccoli
Veggie Dippers
Fruit

Thursday, August 25

LUNCH
Chicken Drumstick
Dinner Roll
Mashed Potatoes
Green Beans
Fruit

Friday, August 26

LUNCH
Pizza Stix w/
Marinara
Corn
Garden Salad
Fruit

Monday, August 29

LUNCH
Orange Chicken
Rice Bowl
California Veggies
Veggie Dippers
Roll

Tuesday, August 30

LUNCH
Mini
Quesadilla
w/ Salsa & Cheese
Refried Beans
Fruit
Jello Treat

Wednesday, August 31

LUNCH
Meatball Sub
w/Marinara
Veggie Dippers
Baked Chips
Fruit

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!