

Back to school



Menus for
August 2022

Toccoa Elementary School


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



This institution is an equal opportunity provider.

Monday, August 1	Tuesday, August 2	Wednesday, August 3	Thursday, August 4	Friday, August 5
	<p><u>BREAKFAST</u> CEREAL</p> <p><u>LUNCH</u> MINI CORN DOGS BAKED BEANS POTATO SMILES FRUIT</p>	<p><u>BREAKFAST</u> BELGIAN WAFFLE</p> <p><u>LUNCH</u> SPAGHETTI W/MEAT SAUCE GARLIC BREAD ENGLISH PEAS FRUIT</p>	<p><u>BREAKFAST</u> ZEE ZEE BAR</p> <p><u>LUNCH</u> POPCORN CHICKEN DINNER ROLL MASHED POTATOES BROCCOLI FRUIT</p>	<p><u>BREAKFAST</u> CHICKEN BISCUIT</p> <p><u>LUNCH</u> PIZZA CORN GARDEN SALAD SIDEKICK FRUIT CUP</p>
Monday, August 8	Tuesday, August 9	Wednesday, August 10	Thursday, August 11	Friday, August 12
<p><u>BREAKFAST</u> APPLE STRUDEL</p> <p><u>LUNCH</u> HOT DOG BAKED BEANS TATOR TOTS FRUIT</p>	<p><u>BREAKFAST</u> SAUSAGE BISCUIT</p> <p><u>LUNCH</u> WALKING TACO w/ LETTUCE, CHEESE, SALSA CORN & BLACK BEANS FRUIT</p>	<p><u>BREAKFAST</u> FRENCH TOAST STIX</p> <p><u>LUNCH</u> CRUNCHY FISH STICKS HUSHPUPIES BLACK EYED PEAS FRUIT</p>	<p><u>BREAKFAST</u> STRAWBERRY PANCAKES</p> <p><u>LUNCH</u> CHICKEN DRUMSTICK DINNER ROLL MASHED POTATOES GREEN BEANS FRUIT</p>	<p><u>BREAKFAST</u> CHICKEN BISCUIT</p> <p><u>LUNCH</u> PIZZA STIX w/ MARINARA CORN GARDEN SALAD FRUIT</p>

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

All meals include milk choice:

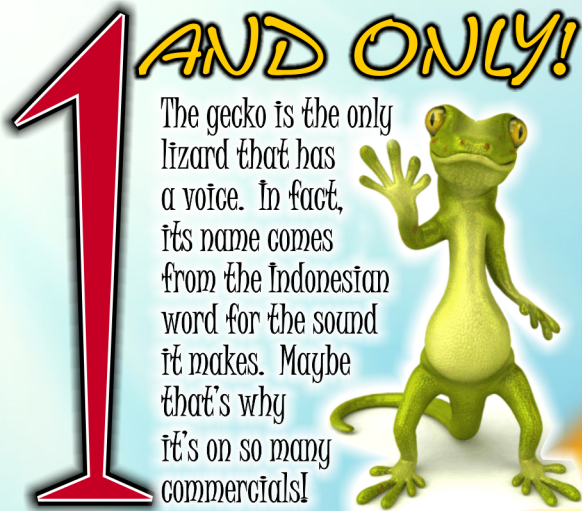
Fat Free Flavored,

Skim, and 1% milk

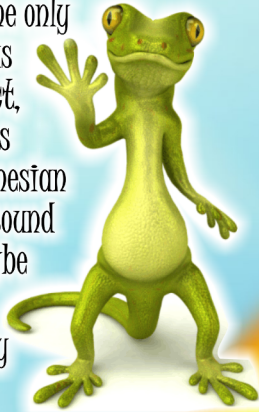
Harvest of the Month

Watermelon

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



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

BREAKFAST
TOASTER PASTRY

LUNCH
HAMBURGER
BAKED BEANS
FRENCH FRIES
FRUIT

Tuesday, August 16

BREAKFAST
SAUSAGE BISCUIT

LUNCH
MINI QUESADILLAS
W/SALSA & CHEESE
REFRIED BEANS
FRUIT
JELLO TREAT

Wednesday, August 17

BREAKFAST
MINNI CINNIS

LUNCH
BRUNCH
For
LUNCH

Thursday, August 18

BREAKFAST
BLUEBERRY BREAD

LUNCH
POPCORN CHICKEN
DINNER ROLL
BROCCOLI
POTATO WEDGES
FRUIT

Friday, August 19

BREAKFAST
CHICKEN BISCUIT

LUNCH
PIZZA
CORN
GARDEN SALAD
SIDEKICK FRUIT CUP

Monday, August 22

BREAKFAST
CHOCOLATE CHIP
FRENCH TOAST

LUNCH
HAM & CHEESE
SANDWICH
VEGGIE DIPPERS
CHIPS
FRUIT

Tuesday, August 23

BREAKFAST
SAUSAGE BISCUIT

LUNCH
CHICKEN FAJITA
WRAP
W/SALSA & CHEESE
CORN & BLACK
BEANS
FRUIT

Wednesday, August 24

BREAKFAST
MUFFIN

LUNCH
ROTINI PASTA
W/MEAT SAUCE
GARLIC BREAD
PEAS & CARROTS
FRUIT

Thursday, August 25

BREAKFAST
PANCAKE PUP

LUNCH
CHICKEN
W/ RICE
VEGGIE BLEND
FRUIT
FORTUNE COOKIE

Friday, August 26

BREAKFAST
CHICKEN BISCUIT

LUNCH
PIZZA STIX w/
MARINARA
CORN
GARDEN SALAD
FRUIT

Monday, August 29

BREAKFAST
CONFETTI PANCAKE

LUNCH
SUPER PRETZEL W/
CHEESE
BROCCOLI
VEGGIE DIPPERS
FRUIT

Tuesday, August 30

BREAKFAST
SAUSAGE BISCUIT

LUNCH
WALKING TACO
W/LETTUCE, CHEESE,
SALSA
REFRIED BEANS
FRUIT

Wednesday, August 31

BREAKFAST
MINI WAFFLES

LUNCH
MINI CORN DOGS
BAKED BEANS
POTATO SMILES
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!