

Back to school



Menus for
August 2022

STEPHENS COUNTY HIGH 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!

Make the healthy, economical choice!

Breakfast

Lunch

1.25 \$2.20

Be sure to fill out a meal application in case you qualify for free or reduced priced meals.

This institution is an equal opportunity provider.

A QUICK BITE FOR PARENTS

Monday, August 1	Tuesday, August 2	Wednesday, August 3	Thursday, August 4	Friday, August 5
	<p><u>LUNCH</u></p> <p>Mini Quesadillas w/Salsa & Cheese Black Bean Salad Veggie Dippers Fruit</p>	<p><u>LUNCH</u></p> <p>Mini Corn Dogs Baked Beans Veggie Dippers French Fries Fruit</p>	<p><u>LUNCH</u></p> <p>Kickin Chicken Roasted Potatoes Broccoli Fruit</p>	<p><u>LUNCH</u></p> <p>Cheeseburger Lettuce/Pickles Baked Beans Tator Tots Frozen Fruit Cup</p>
Monday, August 8	Tuesday, August 9	Wednesday, August 10	Thursday, August 11	Friday, August 12
<p><u>LUNCH</u></p> <p>Chicken Sandwich Lettuce/Tomato/Pickles Veggie Dippers French Fries Fruit</p>	<p><u>LUNCH</u></p> <p>Walking Taco Lettuce, Salsa, Cheese Refried Beans CORN Fruit</p>	<p><u>LUNCH</u></p> <p>Spaghetti & Meat Sauce Garlic Bread Garden Salad English Peas Fruit</p>	<p><u>LUNCH</u></p> <p>Brunch For Lunch</p>	<p><u>LUNCH</u></p> <p>Chicken Alfredo Breadstick Garden Salad Broccoli Fruit</p>

WELCOME BACK!

Price Info:

Student Breakfast \$1.25
Student Lunch \$2.20
Staff Breakfast-\$1.75
Staff Lunch -\$3.00

Extra Milk- \$.50
Second Entrée- \$1.50

Other:

Pizza
Sub Sandwich
Sandwich Variety
Burger Variety
Fresh Salad Variety
Grab N Go Items

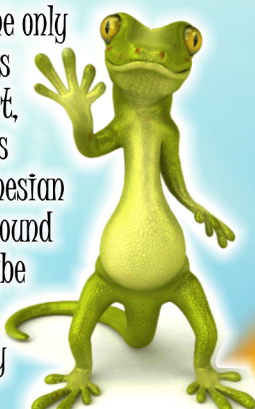
All meals include milk choice:
Fat Free Flavored,
Skim, and 1% milk

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	Tuesday, August 16	Wednesday, August 17	Thursday, August 18	Friday, August 19
<u>LUNCH</u> Sub Your Way Turkey & Cheese w/fixings Veggie Dippers Baked Chips Fruit	<u>LUNCH</u> Chicken Burrito Salsa & Cheese Corn Black Bean Salad Corn Cob Fruit	<u>LUNCH</u> Country Fried Steak w/gravy Dinner Roll Mashed Potatoes English Peas Fruit	<u>LUNCH</u> Chicken Rice Bowl Oriental Veggies Veggie Dippers Fruit Fortune Cookie	<u>LUNCH</u> Fish Sandwich Coleslaw Veggie Dippers French Fries Hushpuppies Frozen Fruit Cup
Monday, August 22	Tuesday, August 23	Wednesday, August 24	Thursday, August 25	Friday, August 26
<u>LUNCH</u> Chicken Sandwich Lettuce/Tomato/ Pickles Veggie Dippers French Fries Fruit	<u>LUNCH</u> BEEF & CHEESE NACHOS Lettuce, Salsa, Cheese Refried Beans Corn Fruit	<u>LUNCH</u> Rotini Pasta Garlic Bread Garden Salad Glazed Carrots Fruit	<u>LUNCH</u> Chicken Tenders Biscuit & Gravy Roasted Potatoes Broccoli w/cheese Fruit	<u>LUNCH</u> Pizza Stix w/ Marinara Corn Garden Salad Fruit
Monday, August 29	Tuesday, August 30	Wednesday, August 31	EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE! <i>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!</i>	
<u>LUNCH</u> Sub Your Way Ham & Cheese w/fixings Veggie Dippers Baked Chips Fruit	<u>LUNCH</u> Chicken Fajita Wrap w/Salsa & Cheese Black Bean Salad Corn Fruit	<u>LUNCH</u> BBQ Sandwich Tator Tots Coleslaw Baked Beans Fruit		