Monday, August 7
Cheeseburger or Rib Sandwich
Baked Beans
French Fries
Watermelon

Tuesday, August 8
Chicken Nuggets or Baked Pork Chop
Green Beans
Salad Cup
Roll
Fruit Icete

Wednesday, August 9
Chicken Tenders or Turkey on Croissant
Rice with Gravy
Roasted Broccoli
Salad Cup
Juice

Thursday, August 10
Tottchos or Ham and Cheese on Croissant
Tator Tots
Salad Cup
Fruit Icete

Friday, August 11
Pepperoni Pizza or Hot dog
Coleslaw
French Fries
Fruit Icete

Monday, August 14
Chicken Sandwich or Turkey on Croissant
Baked Beans
French Fries

Tuesday, August 15
Taco or Chicken Fajita
Lettuce, Tomato, Cheese, Sour Cream
Taco Beans
Roasted Carrots

Wednesday, August 16
Chicken Tenders or Steak Fingers
Waffles
Potato Wadges
Orange Juice
Salad Cup

Thursday, August 17
Spaghetti with Garlic Bread or Ham Sandwich
Roasted Broccoli
Fruit Icete
Salad Cup

Friday, August 18
BBQ Sandwich or Hotdog
Coleslaw
Sweet Potato Fries
Fruit Icete
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 14 g or less 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 teens—and a fairly minimal source of sugar and calories.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE! This year, our menu will again feature regular Wellness tips, showing how diet, exercise, and taking care of yourself can help ensure that you stay healthy and at the top of your game!

Featured Specials of the Day

**Monday, August 21**
Cheeseburger or Rib Sandwich
Baked Beans
French Fries

**Tuesday, August 22**
Chicken Nuggets or Corn dog
Salad Cup
Green Beans
Fruit Icee
Roll

**Wednesday, August 23**
Hamburger Steak or Turkey on Croissant
Creamed Potatoes
Collard Greens
Cornbread

**Thursday, August 24**
Totchos or Ham on Croissant
Tater Tots
Salad Cup

**Friday, August 25**
Pepperoni Pizza or Hotdog
Coleslaw
Sweet Potato Fries
Fruit Icee

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!

**Featured Specials of the Day**

**Monday, August 28**
Chicken Sandwich or Turkey on Croissant
Baked Beans
French Fries

**Tuesday, August 29**
Taco or Chicken Fajita
Lettuce, Tomato, Cheese, Sour Cream
Roasted Carrots

**Wednesday, August 30**
Chicken Tenders or Steak Fingers
Waffles
Potato Wedges
Salad Cup
Orange Juice

**Thursday, August 31**
Spaghetti or Ham on Croissant
Roasted Broccoli
Garlic Bread
Salad Cup

Don’t forget TO BE awesome