

AUGUST 2024

BREAKFAST



School Information:

K-12 Breakfast Price \$3.00
K-12 Reduced \$.30.



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

This institution is an equal opportunity provider.

Menu is subject to change without notification.



1

2

5

6

7

8

9

Assorted Pop Tarts or Cereal
 Fresh Fruit
 Assorted Fruit Juices
 Milk Choices

12

WG Muffin or Cereal
 Fresh Fruit
 Assorted Fruit Juices
 Milk Choices

13

Pancakes with Sausage Link or Cereal
 Fresh Fruit
 Assorted Fruit Juices
 Milk Choices

14

Breakfast Pizza or Cereal
 Fresh Fruit
 Assorted Fruit Juices
 Milk Choices

15

Biscuit & Gravy or Cereal
 Fresh Fruit
 Assorted Fruit Juices
 Milk Choices

16

Sausage w/Cheese Sandwich or Cereal
 Strawberries
 Assorted Fruit Juices
 Milk Choices

19

Assorted Cereal or Pop Tart
 Banana
 Assorted Fruit Juices
 Milk Choices

20

Waffles w/Bacon or Cereal
 Grapes
 Assorted Fruit Juices
 Milk Choices

21

Comet Donut or Cereal
 Watermelon
 Assorted Fruit Juices
 Milk Choices

22

Biscuits & Gravy or Cereal
 Fruit Cup
 Assorted Fruit Juices
 Milk Choices

23

French Toast w/Sausage or Cereal
 Blueberries
 Assorted Fruit Juices
 Milk Choices

26

Egg Patty w/Bacon on Biscuit or Cereal
 Banana
 Assorted Fruit Juices
 Milk Choices

27

Breakfast Tornadoes w/Salsa or Cereal
 Grapes
 Assorted Fruit Juices
 Milk Choices

28

Pancake on a Stick w/Syrup or Cereal
 Fruit Cocktail
 Assorted Fruit Juices
 Milk Choices

29

Biscuits & Gravy or Cereal
 Mixed Melon Chunks
 Assorted Fruit Juices
 Milk Choices

30

AUGUST 2024

LUNCH



**School Information: K-5 Lunch Price \$3.50,
6-12 Lunch Price \$3.75
Reduced Lunch Price \$.40
Alternates are only available to Jr/High
School Students since they are Offer vs.
Serve**



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!



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TUESDAY



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Chicken Patty Snd, Tater Tots, Celery & Carrot Sticks w/Ranch Fresh Fruit, and Milk
Alternate: Hot Dog on Bun

12

Assorted Pizzas, Corn on Cob, Grapes, Tossed Salad, and Milk
Alternate: Bosco Stick w/ Marinara

13

Deli Turkey & Cheese Sub, Baked Chips, Watermelon, Sliced Green & Red Peppers, and Milk
Alternate: Hamburger on Bun

14

Chicken Nuggets, Curly Fries, Green Beans, Fresh Fruit Mix, and Milk
Alternate: Ham & Cheese Bagel

15

Pepperoni Pizza, Garden Salad, Dirt Pudding, Strawberries, and Milk
Alternate: BBQ Sandwich

16

Hot Dog on Bun, Mac & Cheese, Broccoli, Gold Fish Crackers, Apple Slices, and Milk
Alternate: Calzone

19

Chicken Tenders, Mashed Potatoes, Gravy, Mixed Vegetables, Fruit, and Milk
Alternate: Grilled Cheese Snd

20

Loaded Nachos, Romaine Lettuce, Southwestern Beans, Salas, Fruit, and Milk
Alternate: Hot Ham Cheese Snd

21

Cheeseburger on Bun, Lettuce Leaf, Tomato Slices, Pickles, Oven Fries, Fruit, and Milk
Alternate: Uncrustable

22

Cheese Pizza, Pasta Salad, Cucumber Slices, Fresh Fruit, and Milk
Alternate: Chicken Nuggets

23

BBQ Rib Patty Snd, Cole Slaw, Baked Beans, Fruit, and Milk
Alternate: Roast Beef & Cheddar Snd

26

Corndog, Garden Salad, Baked Chips, Brownie, Fruit, and Milk
Alternate: Grilled Chicken Snd

27

Sweet & Sour Chicken Nuggets, Savory Rice, Stir Fry Vegetables, Mandarin Oranges, Fortune Cookie, and Milk
Alternate: Yogurt Parfait

28

Ground Beef Tacos, Shredded Lettuce, Cheese, and Diced Tomatoes, Black Bean Salsa, Tortilla Chips (6-12), Fruit, and Milk
Alternate: Assorted Pizza

29

Spaghetti & Garlic Toast, Green Beans, Tossed Salad, Fruit, and Milk
Alternate: Mini Corn Dogs

30