

# AUGUST

SECONDARY

Milk and a Grab N' Go will be offered with every meal.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**WELCOME BACK!**

8  
Crispy Chicken Wrap  
or Corn Dog or  
Pizza  
Buttered Bow Ties  
Seasoned Vegetables  
Fresh Salad w/ Toppings  
Fruit Cup

8  
Country Bowl or  
Country Bucket or  
Burger  
Hot Roll  
Seasoned Vegetable  
Fresh Salad w/ Toppings  
Fruit Cup

9  
Pizza Burger or  
Chicken Sandwich  
Basket with Fries or  
Pizza  
Lettuce, Pickles,  
Tomatoes  
Fresh Baked Cookie  
Fresh Fruit

12  
Chicken Spaghetti  
with Breadsticks or  
Choice of Pizza  
Seasoned Vegetables  
Fresh Salad w/  
Toppings Fruit Cup

13  
Tacos or Burger  
Pinto Beans  
Spanish Rice  
Homemade Salsa  
Lettuce & Tomato  
Salad Toppings  
Orange Smiles

14  
Sub Sandwich or  
Corn Dogs or  
Pizza  
Baked Chips  
Fresh Salad w/ Toppings  
Berries & Cream

15  
Steak Fingers or  
Chicken Nuggets w/ Roll  
or Burger  
Mashed Potatoes  
Seasoned Green Beans  
Fresh Salad w/ Toppings  
Cinnamon Apple Sauce

16  
Chili Dog or  
Cheese Burger Basket  
with Fries or  
Pizza  
Lettuce, Pickles,  
and Tomatoes  
Fresh Fruit

19  
Chicken Parmesan  
with Garlic Toast or  
Choice of Pizza  
Steamed Vegetables  
Fresh Salad w/ Toppings  
Fruit Dessert

20  
Quesadillas or  
Crispitos or Burger  
Spanish Rice  
Pinto Beans  
Homemade Salsa  
Fresh Salad w/ Toppings  
Fruit Cup

21  
Asian Bowl with  
Fried Rice or  
Popcorn Chicken or  
Pizza  
Seasoned Vegetables  
Fresh Salad w/ Toppings  
Fruit Salad

22  
Smothered Steak or  
Chicken Strips with  
Hot Roll or  
Burger  
Mashed Potatoes  
Sauteed Vegetables  
Fresh Salad w/ Toppings  
Mixed Fruit Cup

23  
BBQ Sub or  
Chicken Sandwich  
Basket with Fries or  
Pizza  
Lettuce, Pickles,  
and Tomatoes  
Fresh Fruit

26  
Spaghetti w/  
Meat Sauce and  
Garlic Toast or  
Choice of Pizza  
Seasoned Green Beans  
Fresh Salad w/ Toppings  
Fruit Cup

27  
Nachos or Burger  
Refried Beans  
Tossed Salad  
Spanish Rice  
Homemade Salsa  
Fresh Salad w/ Toppings  
Fresh Apple

28  
Stuffed Baked Potato  
or Ham & Cheese  
Croissants or Pizza  
Macaroni & Cheese  
Steamed Broccoli  
Fresh Salad w/ Toppings  
Fruit Medley

29  
Steak Fingers or  
Chicken Nuggets  
with Hot Roll or Burger  
Mashed Potatoes  
Steamed Vegetables  
Fresh Salad w/ Toppings  
Peach Crisp

30  
Bacon Cheese Burger  
or Joe Burger Basket  
with Fries  
Lettuce & Pickles  
Sliced Tomatoes  
Fresh Fruit

## 7 TIPS TO STAY GERM-FREE



- **WASH YOUR HANDS-** Use soap and wash for at least 20 seconds
- **DON'T SHARE PERSONAL ITEMS WITH YOUR FRIENDS**
- **COVER SNEEZES AND COUGHS**
- **KEEP YOUR HANDS OFF YOUR FACE**
- **EAT YOUR FRUITS AND VEGGIES-** They give your immune system a boost
- **GET ENOUGH SLEEP-** It helps your immune system stay strong
- **STAY HOME FROM SCHOOL IF YOU ARE SICK**

## BREAKFAST

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Week of 8/5 & 8/19

Breakfast Pizza

Eggs & Bacon w/ Toast

Pig in a Blanket

Biscuits & Gravy

Pancake Wrap

Week of 8/12 & 8/26

Waffles

Eggs w/ Sausage & Toast

Breakfast Sandwich

Banana Bread

Breakfast Taco