

AUGUST

SECONDARY

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

WELCOME BACK!

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**

| 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 Crisпитos 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 |

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 |