

# August 2024

## Saucon Valley Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

August is named after Augustus Caesar, founder and the first emperor of the Roman Empire, who was posthumously adopted by his maternal great-uncle Gaius Julius Caesar. In the early Roman calendar, August was actually the sixth month of the year. It was originally 30 days in length, but an extra day was added so that it would equal the number of days in July, which was named after Julius Caesar.

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1

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30

Cinnamon Toast  
Crunch Cereal kit  
100% Fruit Juice  
Strawberry cup

WG Benefit Bar  
100% Fruit Juice  
Craisins

Strawberry Cream  
Cheese filled Bagel  
100% Fruit Juice  
Fresh Sliced Apples

First Day Back  
NO BREAKFAST

WG Benefit Bar  
100% Fruit Juice  
Diced peach Cup

WG Benefit Bar  
Craisins  
100% Fruit Punch

Cinnamon Toast  
Crunch Cereal kit  
Fresh Sliced Apples

Cinnamon Toast  
Crunch Cereal kit  
100% Fruit Juice  
Applesauce

Breakfast meals are  
at no cost

Rise and Shine  
Breakfast

Breakfast will not be served  
on 2-hour delays

Assorted 100% Fruit Juice  
Daily (Apple, Orange,  
Grape, Fruit Punch)

Assorted Fruit (Apples,  
Raisins, Craisins, Cupped  
fruit)

Cereals may consist of

WG Cheerios  
Cocoa Puffs  
Cinnamon Toast Crunch  
Lucky Charms

Breakfast consists of 4  
components (4 items);  
Grains or proteins, fruits,  
vegetables and milk.  
Students must take 3 out  
the 4 items to make a  
complete meal and 1  
component must be a fruit  
or vegetable.

Menu Subject to Change  
USDA and this institution is  
an equal opportunity  
provider.