

# AUGUST LEARN

A choice of milk and a Grab N' Go will be offered every day.

secondary

Fuel for the School Year

New year, fresh start. Let's make it a good one.

- A solid lunch helps you focus and stay energized
- Protein powers you through the last period
- Fruits and veggies actually do help you feel better

Pro tips:

- Drink water
- Don't skip meals
- Try something new from the menu

You bring the goals. We'll bring the fuel. Let's go!



## WELCOME BACK!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11 Mac &amp; Cheese Bowls Garlic Knot Roasted Vegetables Fresh Salad w/ Toppings Fruit Cup</p>		<p>6 Chicken Drumsticks or Boneless Wings with Hot Roll or Pizza Mashed Potatoes Seasoned Vegetables Fresh Salad &amp; Toppings Berries &amp; Cream</p>	<p>7 Spaghetti with Meat Sauce and Garlic Toast or Choice of Pizza or Burger Steamed Vegetables Fresh Salad &amp; Toppings Fruit Cup</p>	<p>8 BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Sliced Tomato, &amp; Pickles Fresh Baked Cookie Fresh Fruit</p>
		<p>12 Beef or Chicken Nachos or Burger Refried Beans Spanish Rice Homemade Salsa Fresh Salad &amp; Toppings Orange Smiles</p>	<p>13 Steak Fingers or Chicken Nuggets w/ Roll or Pizza Mashed Potatoes Green Beans Fresh Salad &amp; Toppings Fruit Cup</p>	<p>14 Chicken Alfredo with Garlic Bread or Choice of Pizza or Burger Garden Fresh Salad Seasoned Vegetables Fresh Salad &amp; Toppings Fruit Dessert</p>
<p>18 Asian Bowl w/ Fried Rice or Popcorn Chicken or Pizza Seasoned Vegetables Fresh Salad &amp; Toppings Fruit Salad</p>		<p>19 Soft or Crispy Tacos or Burger Pinto Beans Spanish Rice Homemade Salsa Lettuce &amp; Tomatoes Pineapple</p>	<p>20 Chicken &amp; Waffles or Chicken Strips with Hot Roll or Pizza Mashed Potatoes Steamed Vegetables Fresh Salad &amp; Toppings Berries &amp; Cream</p>	<p>21 Chicken Spaghetti with Breadstick or Choice of Pizza or Burger Seasoned Green Beans Fresh Salad &amp; Toppings Strawberry Apple Sauce</p>
<p>22 Chili Dog or Cheese Burger Basket with Fries Lettuce &amp; Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit</p>		<p>25 Stuffed Baked Potato with Hot Roll or Cheese Sticks with Marinara Sauce or Pizza Macaroni &amp; Cheese Steamed Broccoli Fresh Salad &amp; Toppings Fruit Medley</p>	<p>26 Quesadillas or Crispito or Burger Spanish Rice Pinto Beans Homemade Salsa Fresh Salad &amp; Toppings Fruit Cup</p>	<p>27 Country Bowl or Country Bucket w/ Hot Roll or Pizza Steamed Vegetables Fresh Salad &amp; Toppings Fruit Cup</p>
<p>28 Spaghetti with Meat Sauce or Specialty Pizza Garlic Bread or Burger Steamed Vegetable Fresh Salad &amp; Toppings Fruit Dessert</p>		<p>29 Cheese Burger or Chicken Sandwich Basket with Fries Lettuce, Sliced Tomato, &amp; Pickles Fresh Baked Cookie Fresh Fruit</p>		

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

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of 8/4 & 8/18	Breakfast Pizza	Eggs & Bacon w/ Toast	Pig in a Blanket	Biscuits & Gravy	Pancake Wrap
Week of 8/11 & 8/25	Waffles	Eggs w/ Sausage & Toast	Breakfast on Bun	Banana Bread	Breakfast Taco

This institution is an equal opportunity provider.