

Menus for August

St. Mary Parish
Public Schools



**Every complete meal
we serve comes with
your choice of milk!**

Friday, August 7

Breakfast
Cereal
Fruit Cocktail
Fruit Juice
Milk

Lunch
Pepperoni Pizza
Crinkle Fries
Broccoli
Mandarin Oranges
Milk

Word of the Month

co·op·er·a·tion

n. 1. working together for the common good; teamwork 2. mutual help and assistance among people on a project or effort

Monday, August 10

Breakfast
Toaster Pastry
Pears
Juice
Milk

Lunch
Grilled Chicken
Sandwich
Crinkle Fries
California Blend
Mixed Fruit
Milk

Tuesday, August 11

Breakfast
Breakfast Pizza
Fruit Cocktail
Juice
Milk

Lunch
Sloppy Joe on Bun
Sweet Potato Fries
Green Beans
Mandarin Oranges
Milk

Wednesday, August 12

Breakfast
Mini Maple Pancake
Bites
Mandarin Oranges
Juice
Milk

Lunch
Baked Chicken
Sweet Green Peas
Potato Salad
Applesauce
Roll, Milk

Thursday, August 13

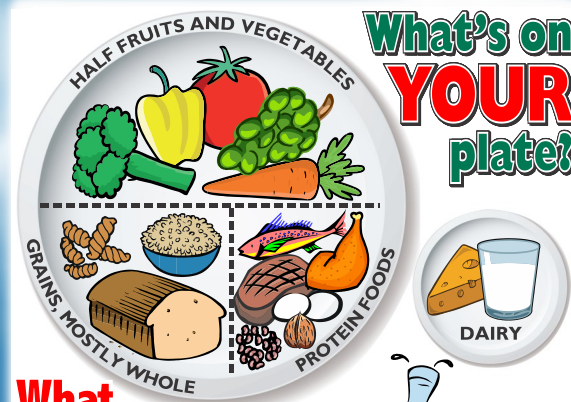
Breakfast
Chicken Biscuit
Peaches
Juice
Milk

Lunch
Country "Fried" Steak
Mashed Potatoes
Broccoli
Mixed Fruit
Milk

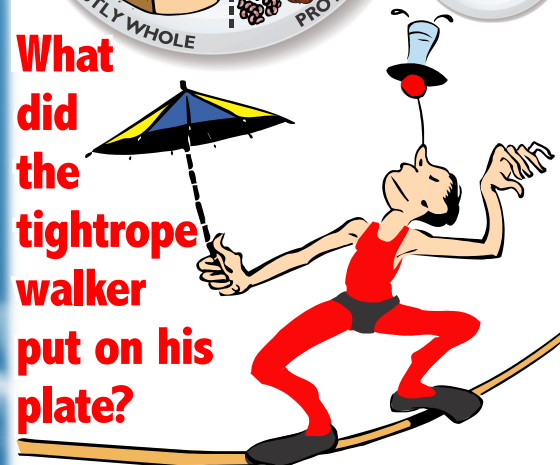
Friday, August 14

Breakfast
Scrambled Eggs
Toast
Juice
Milk

Lunch
Pig-n-Blanket
Baked Beans
Carrot Sticks
Apple
Milk



**What
did
the
tightrope
walker
put on his
plate?**



A WELL-BALANCED MEAL! And you should, too!
Eating lots of different kinds of food is one of the best ways to stay healthy. Just follow the advice on the My Plate graphic and you'll never lose your balance!

Learn more at www.MYPLATE.gov or
<https://kidshealth.org/en/kids/nutrition/food/>

**We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!**

NUTRITION TO GO

Traditionally, Caesar Salad is made with romaine lettuce, a more flavorful and nutritious alternative to iceberg lettuce. Romaine contains seventeen times more vitamin A than iceberg, 50% more vitamin C, twice the calcium and fiber, four times more vitamin K, and ten times more beta carotene. It's very high in folic acid, too.

A QUICK BITE FOR PARENTS



Monday, August 17

Breakfast
 French Toast Sticks
 Pears
 Juice
 Milk

Lunch
 Mandarin Orange
 Chicken
 Fried Rice
 Egg Roll
 Spinach
 Oriental Vegetables
 Mixed Fruit
 Milk

Tuesday, August 18

Breakfast
 Maple Waffle Chicken
 Sandwich
 Fruit Cocktail
 Juice
 Milk

Lunch
 Corn Dog
 Crinkle Fries
 Mixed Vegetables
 Mandarin Oranges
 Milk

Wednesday, August 19

Breakfast
 Sausage Biscuit
 Peaches
 Juice
 Milk

Lunch
 Chili Cheese Nachos
 Carrot Coins
 Broccoli
 Cornbread
 Pear
 Milk

Thursday, August 20

Breakfast
 Pancake on a Stick
 Mandarin Oranges
 Juice
 Milk

Lunch
 Spaghetti w/ Meat
 Sauce
 Tossed Salad
 Cherry Tomatoes
 Green Beans
 Orange
 Garlic Roll
 Milk

Friday, August 21

Breakfast
 Oatmeal
 Cinnamon Toast
 Banana
 Juice
 Milk

Lunch
 Hamburger
 Pinto Beans
 Lettuce/Pickle Cup
 Sliced Tomatoes
 Fresh Apple
 Milk

VEGETABLE

Zucchini

Despite being known as "summer squash," zucchini is actually available year-round. These tasty veggies are unusually high in a number of key antioxidants – especially in the skin, so don't peel these guys!



OF THE MONTH

Monday, August 24

Breakfast
 Blueberry Muffin
 Peach
 Juice
 Milk

Lunch
 Red Beans and Rice
 Spinach
 California Blend
 Mixed Fruit
 Cornbread Muffin
 Milk

Tuesday, August 25

Breakfast
 Chicken Biscuit
 Applesauce Cup
 Juice
 Milk

Lunch
 Grilled Chicken
 Sandwich
 Crinkle Fries
 Carrot Coins
 Pickle Cup
 Fresh Orange
 Milk

Wednesday, August 26

Breakfast
 Breakfast Pizza
 Fruit Cocktail
 Juice
 Milk

Lunch
 Chicken & Sausage
 Jambalaya
 Corn
 Green Beans
 Mandarin Oranges
 Roll, Milk

Thursday, August 27

Breakfast
 Dutch Waffle
 Apple
 Juice
 Milk

Lunch
 Crunchy Beef Tacos
 Taco Salad, Taco
 Sauce
 Refried Bean
 Cheese Cup
 Cantaloupe
 Milk

Friday, August 28

Breakfast
 Cinnamon Roll
 Pear
 Juice
 Milk

Lunch
 Pepperoni Pizza
 Oriental Blend
 Tossed Salad
 Cherry Tomatoes
 Watermelon
 Milk

**EAT BETTER.
 PLAY HARDER.
 LIVE HEALTHIER.
 LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Monday, August 31

Breakfast
 Sausage Biscuit
 Applesauce
 Juice
 Milk

Lunch
 White Beans and Rice
 Broccoli
 Carrot Coins
 Mixed Fruit
 Cornbread
 Milk

Only an Illusion

Which line is longer, A or B? Most of us would say that line B is obviously longer than A, but that's actually not the case -- they are exactly the same length. The perspective of the railroad tracks creates the illusion that the line between the tracks must be shorter! And, by the way, the "B" is also exactly centered on the "A"! If you're interested, you can learn more by searching on line for "Ponzo Illusion".

