

► *Available Daily*

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice

**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, August 16th

Cinnamon Toast Hamburger w/ Fries
Cereal, Cheese String Dressing Cup, Mayo, Ketchup

Tuesday, August 17th

Maple & Chicken White Beans & Rice
Sausage Sandwich Carrots w/ Ranch, Cornbread

Wednesday, August 18th

Banana Muffin Turkey Nachos
Cheese String

Thursday, August 19th

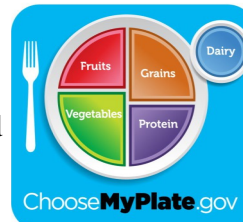
Egg and Cheese Herb Roasted Chicken
Sandwich w/ Rice and Gravy, Peas
Salad w/ Carrots, Biscuit

Friday, August 20th

Cinnamon Rolls Lasagna w/ Green Beans
w/ Icing Bread Stick

Healthy Back to School Lunches

With school days approaching, its time to start thinking about what to pack in your child's lunch box. Shopping smart and trying out new lunch ideas can help your children get excited about lunch time again. Check out these tips to make your child's school lunches nutritious and fun:



- 1) **Focus on Fruits and Vegetables::** Adding fruits and veggies to your child's lunch can seem like a daunting task. However, there are many fruit and veggie options that are grab and go or individually packaged. Some fruit and veggie ideas are packing a whole fruit, like a banana or halo, individually wrapped items, like applesauce or fruit cocktail, or grab and go veggies like, baby carrots or green pepper strips. For added flavor you can add a yogurt or low fat ranch dip.
- 2) **Add Flavor to your Fruit:** Making a fruit salad is a great way to spice up your fruit. Mix together apples, banana, pears, oranges, and pineapples. Add a sweet yogurt to the mix and this is a great after school snack.
- 3) **Remember Whole Grain:** Make sure to grab whole grains when it comes to your breads, pastas, and rice. Try choosing whole grain cereals instead of chips. However, if your child is a chip lover try choosing whole grain or baked chips.
- 4) **Choose 100% Juice :** Try and buy juices with little added sugars or sweeteners. Many juices only have about 10-20% juices and the rest is added sugar. Make sure to check the labels for juices that say 100% juice on the label.
- 5) **Remember your Calcium:** Make sure to add calcium to your child's lunch. The best ways to take in calcium are through milk, yogurt, sliced cheese, or fortified juices and cereals.

This institution is an equal opportunity provider and employer. Menus are subject to change.

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Breakfast Lunch

Monday, August 23rd

Cinnamon Toast Cheese Pizza
Cereal, Cheese String Salad w/ Carrots

Tuesday, August 24th

Egg and Cheese Red Beans & Rice
Sandwich Carrots w/ Ranch

Wednesday, August 25th

Blueberry Muffin Turkey Tacos
Cheese String

Thursday, August 26th

Maple Pancake Gumbo w/ Chicken &
Sandwich Sausage, Rice, Salad w/
Tomatoes, WG Crackers

Friday, August 27th

French Toast Spaghetti & Meat Sauce
Sticks Garlic Bread, Broccoli

Monday, August 30th

Cinnamon Toast Chicken Tenders, Potato
Cereal, Cheese String Wedges, Carrots w/ Ranch

Tuesday, August 31st

Chicken & Maple White Beans w/ Rice
Sausage Sandwich Carrots w/ Ranch, Cornbread

