



Welcome To the Lunch Room!



Nutrition Tip: August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Reference: USDA MyPlate

Monday



Tuesday

Wednesday

Thursday

Friday

Lunch Tray Requires-
1 serving of
3 different food Groups
on your tray. ->

½ c. Fruit or Vegetable
1 Serving Bread Or Grain
1 Serving Meat/Meat
Alternate.
1-8oz Carton of Milk

Example- 1
2 Orange Halves,
½ cup/ 3-4 heads of Broccoli
1 serving Chicken Nuggets
Milk Is Always good!

Example- 2
3-Baby Carrots
1-quarter Apple, Roll
1 serving Chicken Nuggets
Milk is Always good!

5

Milk Choices- 6
White 1%
White Skim
Chocolate Skim

7

Fresh Fruit is a daily 8
Option on the Lunch
Menu.

9

12

13

14



15

16

19

20

Chicken Nuggets 21
Potatoes & Gravy
Broccoli Florets
Orange Halves
Roll, Milk Choice

Hamburger on a Bun 22
Oven Fries
Tomato Slices Leaf Lettuce
Bell Pepper Strips
Apple Quarters, Milk Choice

Cheese Pizza 23
Baby Carrots,
Celery Sticks
Pineapple Tidbits
Milk Choice

Pork Rib on a Bun 26
Leaf Lettuce, Tomato Slice
Sweet Potato Tots
Apple,
Milk Choice

Bean & Beef Burrito 27
Tomato Salsa
Leaf Lettuce
Seasoned Corn
Milk Choice

Popcorn Chicken 28
Baked Beans
Creamy Coleslaw
Bell Pepper Strips
Banana, Milk Choice

Biscuit & Gravy 29
Sausage Patty
Tri Tater
Tropical Fruit
Milk Choice

Mac & Cheese & 30
Mini Meatballs
Sweet Peas
Tossed Salad
Orange Halves, Milk Choice