

LUNCH

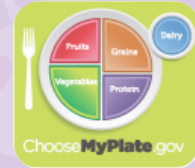
August 2014

ELEMENTARY & MS/HS

Nutrition Tip

Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



WELCOME TO THE 2014-2015 SCHOOL YEAR!

* monday

* tuesday

* wednesday

* thursday

* friday

During lunch Students will be given choices of Meat/Meat Alternate, Grain, Vegetable, Fruit and Milk. Students must take at least 3 items one of which must be ½ cup of Fruit and or Vegetables. Still Hungry? Students may have seconds of Fruit and Vegetable choices when their tray is empty. Lunch and Breakfast are served with a choice of Low Fat White Milk, Skim White, Skim Chocolate and occasionally Skim Strawberry Milk.

ENROLLMENT **1**
8:00AM-1:00PM
5:00PM-8:00PM

4
USDA IS AN EQUAL
OPPORTUNITY PROVIDER
AND EMPLOYER.

5
LUNCH PRICES
ELEM-\$2.50
MS/HS-\$2.65
ADULTS-\$3.35
REDUCED .40

6

7

8

11

12

13

14
First Day for Teachers
NO SCHOOL YET....

15
TEACHER WORK DAY
.....>

18
TEACHER IN SERVICE
.....NO SCHOOL YET....

19
TEACHER IN SERVICE
.....READY.....

20
TEACHER WORK DAY
...SET.....GO!

21
FIRST DAY OF SCHOOL
CHEESE PIZZA
FRESH BROCCOLI
BABY CARROTS,
PINEAPPLE CHUNKS, MILK

22
MEATBALL SUB
RANCH POTATOES
TOSSED SALAD
SLICED PEACHES
MILK CHOICE

25
CORN DOG
BAKED BEANS
POTATO WEDGE
WATERMELON
GRAHAM SNACK, MILK

26
CHICKEN FAJITA
TORTILLA CHIPS & SALSA
CORN, RED PEPPERS
BANANA
MILK, (9-12) STRING CHEESE

27
PORK RIB ON A BUN
LETTUCE AND TOMATO
SWEET POTATO TOTS
SLICED PEARS, BROWNIE
MILK CHOICE

28
TACO SOUP
CORN CHIPS, SALSA
FRESH BROCCOLI
APPLE SAUCE
MILK CHOICE

29
COWBOY CAVATINI
SWEET PEAS
TOSS SALAD, ROLL & JELLY
FRUIT COCKTAIL, MILK
(9-12) RICE CRISPY BAR