

# August

2022

## Breakfast Menu

### EATING HEALTHY

Remember to make great choices when selecting your meal! Choose an entrée, fruit/vegetable, and don't forget your milk!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	WG Toasted Bagel Cream Cheese Orange	WG Strawberry Oatmeal Bar Sunflower Seeds Nectarine	Post WG Scooters Cereal String Cheese Apple	WG Maple Waffle/Syurp Banana	WG Banana Bread Hard Boiled Egg Pear	
28	29	30	31	1	2	
			Post WG Krispie Rice Hard Boiled Eggs Apple	WG Biscuit/w Gravy Turkey Sausage Banana	WG Apple Bread String Cheese Pear	

\*\*In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

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## Lunch Menu

### EATING HEALTHY

Remember to make great choices when selecting your meal! Choose an entrée, fruit/vegetable, and don't forget your milk!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Main Entrée is in Bold, alternative selection listed second.						
21	22	23	24	25	26	27
			<b>Chicken Nuggets</b>	<b>Hamburger on Bun</b>	<b>Local Chicken Drumstick and Rice</b>	
28	29	30	31	1	2	
	<b>Chicken Alfredo Pasta</b>	<b>Beef Nachos</b>	<b>Cheese Pizza</b>	<b>Chicken Sandwich</b>	<b>Breakfast for Lunch French Toast and Turkey Sausage</b>	

\*Fruits, Vegetables, and Milk are offered daily.

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