

AUGUST 2021

Milk is offered daily with each meal
White is 1% and Flavored Fat Free

Menu subject to change without notice

Crane Jr. & Sr. High Lunch

Monday

All students eat for **2**
free for 21-22 school
year.
**Only complete meals are
free**

Students taking **only** milk **3**
will be charged for the milk.
**Only complete meals are
free**

16
PB & J (or other sandwich)
is offered daily with lunch
as an option

23
Go to bed early to be awake
and ready to start the day at
school refreshed

30
Practice
Good
Handwashing!!

Tuesday

3
**To Develop Healthy
Eating Habits...**

10
...Limit sugary drinks (in-
cluding energy drinks)

17
WELCOME

24
Corn Dog
Mixed Vegetables
Fruit
2nd Option:
Ham & Cheese Sub w/Chips

31
Biscuits & Gravy
Sausage
Hashbrown
Applesauce
2nd Option:
Waffles w/ Syrup

Wednesday

4
...Eat plenty of fruits, vege-
tables, and whole-grain
products

11
...Limit consumption of
sugar and saturated fats

18
BACK

25
Chicken Patty
Mashed Potatoes & Gravy
Fruit
Breadstick-HS
2nd Option:
Cook's Choice

Thursday

5
...Choose lean meats,
poultry, fish, and beans for
protein

12
...Try to get 30 minutes of
exercise per day

19
To

26
Frito Pie
Ranch Beans
Fruit
2nd Option:
Baked Potato w/ Breadstick

Friday

6
...Encourage your family to
drink lots of water

13
...Limit snacking and only eat
healthier snacks such as
fresh fruits & vegetables

20
SCHOOL!!

27
Pizza
Corn
Fruit
Cookie
2nd Option:
Chicken Sandwich

This institution is an equal opportunity provider

Daily fruits will consist of either fresh, frozen, or canned fruits or a combination of fruits

Garden Bar is offered daily with a variety of fresh vegetables & fruits (garden bar may not be available at times)

NOTICE: Menu may also change as some foods may not be available

