

# Menus for August 2023

Waverly Middle School

This institution is an equal opportunity provider. Menus are subject



**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!*

## Brain Ticklers



What do they call a Polar Bear in Hawaii?

(Hold the page upside down and read it in a mirror for the answer!)

poof



Every complete meal we serve comes with your choice of milk!

Tuesday, August 15

### Breakfast

Chef's Choice

### Lunch

Asian Orange Chicken - 19g  
Rice WGR 1 cup 72g  
Fortune Cookie - 16g  
Egg Roll -  
Fruit & Vegetable Milk

Wednesday, August

### Breakfast

Chef's Choice

### Lunch

Home-style "Viking" Cheese Pizza 33g  
WG Cookie 17g

Thursday, August 17

### Breakfast

Chef's Choice

### Lunch

Beef Fiestada 43g  
Cinnamon Donut  
Churro 31g

Friday, August 18

### Breakfast

Chef's Choice

### Lunch

BBQ Shredded Pork Sandwich 9g  
Hoagie Bun 26g  
WG Corn Chip

**DON'T GET!**

To make a lunch, choose at least one



or



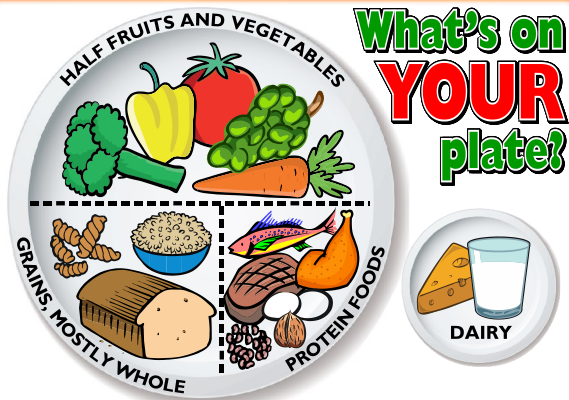
and 3-5 items total



We're SO GLAD to see you! It's going to be a GREAT YEAR and we can't wait to serve your meals!



SCHOOL DISTRICT 145 NUTRITION SERVICES



**Tastes like summer!**



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, August 21**

**Breakfast**

Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**

Chicken Strips 17g Dipping Sauces WG Chip

**Tuesday, August 22**

**Breakfast**

Breakfast Cookie 44g And/or Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Ranch Seasoned Grilled Chicken Sandwich 27g Sour Cream & Chive Wedges 34g

**Wed August 23**

**Breakfast**

Cinnamon Toast Crunch Pastry 41g And/or Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Rotini & Meat Sauce 82g Cheese Breadstick 25g

**Thursday, August 24**

**Breakfast**

Breakfast Pizza - 23g And/or Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Breaded Chicken Sandwich 33g Grain Chip Sweet Potato Pie Casserole 51g

**Friday, August 25**

**Breakfast**

Mini Waffles - 35g & Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Deli Sandwich, On Croissant - Ham, Salami, Colby Jack Cheese 35g WG Chip, Fruit by the Foot 17g

**Monday, August 28**

**Breakfast**

Cocoa Puff Pastry 45g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**

Popcorn Chicken 14g Dipping Sauce Soft Pretzel 30g

**Tuesday, August 29**

**Breakfast**

French Toast Sticks 38g & Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Polish Sausage 30g Fries 22g Sauerkraut - on side 1g

**Wed, August 30**

**Breakfast**

Maple Sausage Breakfast Sandwich 26.3g and/or Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Turkey 12g Mashed Potatoes/Gravy 34g 2-Dinner Roll (20g each)

**Thursday, August 31**

**Breakfast**

WG Cinni Minnis - 35g And/or Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Fish Sticks 22g Cinnamon Roll 18g Tatar Sauce

**Word of the Month**  
al·tru·is·tic

*adj.* 1. motivated by a concern for the good of others, without regard for one's own interests 2. unselfish

**VEGETABLE**  
**Cucumber**  
Why are cucumbers so "cool"?  
Because they're so good for you! But don't cut off the skin -- the skin contains vitamins A, C, K, B1, B2, B3, B5, B6, Folic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc!

**OF THE MONTH**



**STRANGE BUT TRUE!**

SKUNKS HAVE ADAPTED QUITE WELL TO SUBURBAN NEIGHBORHOODS, AND EVEN TO WOODED AREAS OF BIG CITIES. SOMETIMES, SKUNKS AND DOMESTIC CATS EAT PEACEFULLY TOGETHER AT OUTDOOR FOOD BOWLS. THERE HAVE EVEN BEEN CASES OF SKUNKS ENTERING HOMES THROUGH PET DOORS, DINING WITH THE FAMILY CAT, AND FINDING A QUIET CLOSET OR EMPTY BED TO TAKE A NAP! AS LONG AS THE SKUNK DOES NOT FEEL THREATENED, IT WON'T SPRAY.