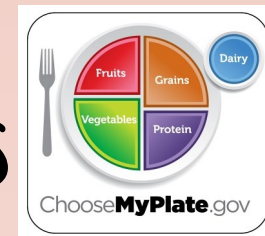




Avery County Schools

August 2023

Elementary and Middle School Menu



	Tuesday, August 1	Wednesday, August 2	Thursday, August 3	Friday, August 4
	WELCOME	BACK!		
Monday, August 7	Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
FIRST AUGUST	DAY 14TH	OF	SCHOOL	





Daily Choices at Breakfast

Whole Grain Poptarts
Cinnamon Toast
Cereal & Toast
Choice of Fruit
Choice of 4oz Juice

Daily Choices of Milk for Breakfast and Lunch:

1% White Skim Milk
Fat Free Chocolate Milk
Fat Free Strawberry Milk

Daily Choices of Entrees for Lunch:

All to go boxes include choices of the vegetables on the line in the portions that are menued.

Yo To Go Box

Jamwich Box -(made with Sunbutter at Crossnore Elem.)

Chef Salad Box-also includes the fruit menued choices of the day.

Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
SUPERDONUT FIRST DAY OF SCHOOL PEPPERONI PIZZA 1 CUP GARDEN SALAD 1/2 CUP BROCCOLI 1/2C MIXED FRUIT	SAUSAGE BISCUIT *** FRESH HAMBURGER ON BUN LET/TOM/PICKLE 1/2 CUP SWEET POTATO FRIES 1OZ RANCH DRESSING 1/2 CUP BAKED BEANS 1/2 CUP FRESH ORANGE SMILES	PANCAKE MINI'S *** OVEN BAKED CHICKEN 1/2C MASHED POTATOES FRESH BISCUIT 1/2C GREEN BEANS 1/2C BAKED APPLES	SCRAMBLED EGGS & wg TOAST *** GROUND BEEF PHILLY CHEESESTEAK HOAGIE W/WG BUN 1/2C TATOR TOTS 1/2C BROCCOLI 1/2C PEARS	BISCUIT&GRAVY *** CHICKEN FAJITA WG WRAP 1/2C SWEET CARROTS 1/2C OVEN FRIES 1/2C PEACHES
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
SAUSAGE BISCUIT *** GRILLED CHICKEN FILLET SANDWICH LET/TOM/PICKLES 1/2 CUP MASHED POTATOES 1/2 CUP SWEET CARROTS FRESH APPLE	SUPERDONUT **** FISH STICKS(4) 1/2 CUP OVEN FRIES 1/2C COLESLAW 1/2 CUP BAKED BEANS YEAST ROLL 1/2 C PEACHES	BLUEBERRY MUFFIN **** TACO NACHOS TURKEY TACO 4OZ 2OZ TORTILLA CHIPS 1OZ SHREDDED CHEESE 1 CUP GARDEN SALAD 1/2 C SALSA SOUR CREAM IND. 1/2 CUP CORN APPLESAUCE CUP	BREAKFAST PIZZA **** ITALIAN GRINDERS WG HOAGIE BUN 1/2C OVEN FRIES 1/2C BROCCOLI 1/2C BABY CARROTS 1/2C BAKED APPLES	JELLY BISCUIT **** CHICKEN NUGGET 2OZ M SWEET/SOUR SAUCE 1/2 CUP TATOR TOTS 1/4 CUP COLESLAW 1/2 CUP BAKED BEANS BISCUIT 1/2 C MIXED FRUIT
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	Friday, September 1
SAUSAGE BISCUIT **** TACO BURRITO 1 CUP GARDEN SALAD 1/2 C SALSA& CHIPS 2OZ 1/2 CUP CORN APPLESAUCE CUP	FRUDEL **** FRESH HAMBURGER ON A BUN LET/TOM/PICKLE 1/2 CUP SWEET POTATO FRIES 2OZ RANCH DRESSING 1/2 CUP BROCCOLI 1/2 CUP FRESH BANANA	SUPERDONUT **** PIZZA 1 CUP GARDEN SALAD 1/2 CUP CORN 1/2 CUP FRESH ORANGE SMILES	CHEESE TOAST (2) **** BBQ CHICKEN SANDWICH 1/2C SWEET POTATO FRIES 1/2C GREEN BEANS 1/2C STRAWBERRIES	CHICKEN BISCUIT **** CHEESE STICK DIPPER 1/2 CUP MARINARA 1 CUP GARDEN SALAD 1/2 CUP BROCCOLI 1/2C PEACHES