


August 2019 Elementary Menu

		First Day! Wednesday, August 7	Thursday, August 8	Friday, August 9
<p>Encourage your child to fuel up with a nutritious breakfast and lunch each day at <u>no cost to students</u>! Please send money for your child's meal account if they wish to purchase a la carte or extra items.</p> <p><u>Adult</u> meal prices are \$2.50 for breakfast and \$3.75 for lunch.</p> <p>Please complete the Household Income Form (HIF) sent home by teachers and return to school as soon as possible. Thank you!</p>		<p>Warm Muffins (27-31), Cereal (*), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Burrito (23) & Goldfish Grahams (19) or Pop-Tarts (37 ea.), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>
		<p>Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (29) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (28) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22)</p>	<p>Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate* Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22)</p>	<p>Big Daddy's Four Cheese or Pepperoni Pizza (35) or Ham & Cheese Sandwich (32) or Salad Plate (*) Golden Corn, ½ c. (16) Garden Salad, ¾ c. (4) w/ Dressing (*) Fresh Fruit, ½ c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>
Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16
<p>Eggo Mini Pancakes (35) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Strawberry Smoothies, 18 oz. (86) & Grahams (19) or French Toast Sticks, 4 (38), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>
<p>Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22)</p>	<p>BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (36) Fresh Fruit (~15) Milk (11-22)</p>	<p>Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22)</p>	<p>Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22)</p>	<p>Chicken Alfredo (39) & Grilled Cheese Sandwich (15 for Half) or Salad Plate Fresh Veggie Cup, ½ cup (2.5) Steamed Broccoli, ½ cup (5) Grapes, ½ cup (~15) Fruit Sidekicks (20) Milk (11-22)</p>
Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23
<p>French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>New! Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>New! Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Juice (15) &/or Milk</p>	<p>Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk (13-20)</p>
<p>Hot Dog (2) on Bun (27) or Ham & Cheese Sandwich (32) or Salad Plate (*) Cool Ranch or Nacho Cheese Doritos (18) Fresh Veggie Cup, ½ c. (2.5) Baked Beans, ½ c. (29) Bread, 1 slice (18) Mixed Berry or Peach Slush Cup (20) Milk (11-22)</p>	<p>Salisbury Steak (2) & Gravy (5) or Ham & Cheese Sandwich (32) Or Salad Plate (*) Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Bread, 1 slice (18) Fresh Fruit, ½ c. (8-15) Pineapple Tidbits, ½ c. (18) Milk (11-22)</p>	<p>Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit, ½ c. (8-15) Diced Pears, ½ c. (14) Milk (11-22)</p>	<p>Spaghetti, ½ c. (21) w/ Meat Sauce (*) & Shredded Cheese, 1 oz. (1), Breadstick (14) or Turkey Sandwich (28) or Salad Plate (*) Garden Salad, ¾ c. (4) w/ Dressing (*) Green Beans, 1/2 c. (4) Fresh Fruit, ½ c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4)</p>
Monday, August 26	Tuesday, August 27	Wednesday, August 28	Thursday, August 29	Friday, August 30
<p>Mini Cinnis (39) or Sausage Pancake on a Stick (19) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Pizza (22) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Canadian Bacon, Egg, & Cheese Croissant (31) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Sausage Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>
<p>Chicken (15) on Bun (31) Or Ham & Cheese Sandwich (32) Or Salad Plate (*) White Nacho Cheetos (20) Golden Corn, ½ c. (16) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Mixed Berry or Peach Slush Cup (20) Milk (11-22)</p>	<p>Meatballs (*), Red Gold Marinara (4) & Mozzarella Cheese-Stuffed Breadstick (22) Or Turkey & Cheese Sandwich (28) Or Salad Plate (*) Potato Wedges, ½ c. (19) Garden Salad, ¾ c. (4) w/ Dressing (*) Fresh Fruit, ½ c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Chicken Smackers, 10 (20) Or Yogurt (*) & Cereal (*) Or Salad Plate* Waffle (37), Syrup (31) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22)</p>	<p>Big Daddy's Four Cheese or Pepperoni Pizza (35) Or Ham & Cheese Sandwich (32) Or Salad Plate (*) Green Beans, 1/2 c. (4) Garden Salad, ¾ c. (4) w/ Dressing (*) Fresh Fruit, ½ c. (8-15) New! Watermelon-Flavored Raisels (35) Milk (11-22)</p>	<p>Beef Taco, 3 oz. (4) or Hot Turkey & Cheese Sandwich (28) or Salad Plate (*) Shredded Cheese, 1 oz. (1) Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, ¼ c. (4) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit, ½ c. (8-15) Mixed Fruit Cup, ½ c. (18) Milk (11-22)</p>