

August 2019

Elmwood Murdock Public Schools

BREAKFAST



School Information: Welcome Back!



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



Monday



Tuesday

Wednesday

Thursday

Friday

5

6

7

1

2

8

9

12

13

14

15

16

Breakfast Pizza
Fruit
Juice
Milk

19

Ham combo & Mini
Loaves – E
Breakfast sandwich – M
Fruit
Juice
Milk

20

Breakfast sliders – E
French toast Sticks – M
Fruit
Juice
Milk

21

Mini Cinnis – E
Breakfast Burrito – M
Fruit
Juice
Milk

22

Cereal & Go Gurt – E
Omelet & WG Toast – M
Fruit
Juice
Milk

23

Bagels /cream cheese –
Breakfast Pizza – M
Fruit
Juice
Milk

26

Mini French toast – E
Breakfast Sandwich - M
Fruit
Juice
Milk

27

Cereal bar & Yogurt –E
French toast sticks –M
Fruit
Juice
Milk

28

Pancake stick –E
Breakfast Burrito - M
Fruit
Juice
Milk

29

Frudel – E
Omelet & WG toast – M
Fruit
Juice
Milk

30

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LUNCH



School Information: Welcome Back!



Nutrition Tip: August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



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Monday



Tuesday



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5

6

7

1

2

12

13

14

15

16

Mini Corn Dogs
Carrots
Applesauce
Snack cracker
Milk

19

Italian Dunker
Green Beans
WG Garlic Bread
Fruit cup
Milk

20

Mandarin Chicken
Asian Rice
Broccoli
Muffin
Mandarin Oranges
Milk

21

Taco
Toppings
Refried Beans
Mixed Fruit
Churro
Milk

22

Hamburger
WG Bun
Fries
Fresh Fruit
Milk

23

Chicken Strips
California Mix Vegetable
Biscuit / Honey
Tropical Fruit
Milk

26

Crispito
Cheese sauce
Broccoli
Fresh fruit
Milk

27

Pork Rib
WG Bun
Baked Beans
Peaches
Milk

28

Breaded Steak
Mashed potato
Gravy
Corn
Dinner roll
Pears
Milk

29

Fiestada
Salad bar
Pineapple
Milk

30