

# welcome back

## MENUS FOR AUGUST 2019

### Gilchrist County Elementary School Menus

We are an equal opportunity provider and employer. Menus are subject to change.



# Fruitful for your family.



Our meals are fantastic for your family in more ways than one. First, we're there for you every day, so you don't have to worry. Plus, our meals are at no cost to our students and they are fully balanced meals. We also meet healthy standards that are unheard of in most meals. And, oh yeah, we offer fruit (or veggie) with every meal we serve every single day! Have a great year, and please join us often!

Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16
<b><u>Breakfast</u></b> Choice of Sausage biscuit or Cereal; Fruit Choices; 100% Fruit Juice; Milk  <b><u>Lunch</u></b> Popcorn Chicken Whole Grain Roll Waffle Fries Steamed Sweet Baby Carrots Fruit Selections Choice of Milk	<b><u>Breakfast</u></b> Choice of Gripz Grahams with yogurt or Cereal; Fruit Choices; 100% Fruit Juice; Milk  <b><u>Lunch</u></b> Spaghetti w/Meat Sauce Whole Grain Breadstick Tossed Salad Green Beans Fruit Selection Choice of Milk	<b><u>Breakfast</u></b> Egg & Cheese Omelet w/grits or Cereal; Fruit Choices; 100% Fruit Juice; Milk  <b><u>Lunch</u></b> Wild Mike's Pizza Tossed Salad Steamed Broccoli Fruit Selection Choice of Milk	<b><u>Breakfast</u></b> Choice of Muffin & Cheese Stick or Cereal; Fruit Choices; 100% Fruit Juice; Milk  <b><u>Lunch</u></b> Cheese Quesadilla Fresh Veggie Cup w/Ranch Fruit Selections Choice of Milk	<b><u>Breakfast</u></b> Choice of Mini Waffles or Cereal; Fruit Choices; 100% Fruit Juice; Milk  <b><u>Lunch</u></b> Mini Corn Dogs Baked Beans Oven Baked Tater Tots 100% Fruit Slushie Choice of Milk
Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23
<b><u>Breakfast</u></b> Yogurt Parfait or Cereal; Fruit Choices; 100% Fruit Juice; Milk  <b><u>Lunch</u></b> Hamburger Oven Fried Potatoes Baked Beans Pickle Chips Fruit Selections Choice of Milk	<b><u>Breakfast</u></b> Sausage Biscuit or Cereal; Fruit Choices; 100% Fruit Juice; Milk  <b><u>Lunch</u></b> Mandarin Orange Chicken Rice Tossed Salad Glazed Carrots Fruit Selections Choice of Milk	<b><u>Breakfast</u></b> Choice of Mini Pancakes or Cereal; Fruit Choices; 100% Fruit Juice; Milk  <b><u>Lunch</u></b> Ham & Cheese Hot Pocket Caesar Salad Green Beans Fruit Selections Choice of Milk	<b><u>Breakfast</u></b> Choice of Egg & Cheese Sandwich or Cereal; Fruit Choices; 100% Fruit Juice; Milk  <b><u>Lunch</u></b> Nacho Fiesta Tortilla Chips Lettuce/Tomato/Cheese Corn Refried Beans Fruit Selections Choice of Milk	<b><u>Breakfast</u></b> Choice of Super Donut or Cereal; Fruit Choices; 100% Fruit Juice; Milk  <b><u>Lunch</u></b> Wild Mike's Pizza Baby Carrots w/Ranch California Blend Veggies Whole Fruit Swirl Cup Choice of Milk

# 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!

Monday, August 26

**Breakfast**

Choice of Pop Tarts or Cereal;  
Fruit Choices; 100% Fruit  
Juice; Milk

**Lunch**

Calzonettes  
Tossed Salad  
Steamed Broccoli  
Fruit Selections  
Choice of Milk

Tuesday, August 27

**Breakfast**

Choice of Pancake Wrapped  
Sausage or Cereal; Fruit  
Choices; 100% Fruit Juice;  
Milk

**Lunch**

Roasted Chicken  
Whole Grain Roll  
Creamy Cole Slaw  
Baked Sweet Potatoes  
Fruit Selections  
Choice of Milk

Wednesday, August 28

**Breakfast**

Choice of Chicken Biscuit or  
Cereal; Fruit Choices; 100%  
Fruit Juice; Milk

**Lunch**

Ravioli w/Meat Sauce  
Whole Grain Breadstick  
Green Beans  
Caesar Salad  
Fruit Selections  
Choice of Milk

Thursday, August 29

**Breakfast**

Choice of Muffin or Cereal;  
Fruit Choices; 100% Fruit  
Juice; Milk

**Lunch**

Pizza Lunchable  
(marinara, pepperoni,  
cheese, flatbread)  
Fresh Baby Carrots  
Fruit Selections  
Choice of Milk

Friday, August 30

**Breakfast**

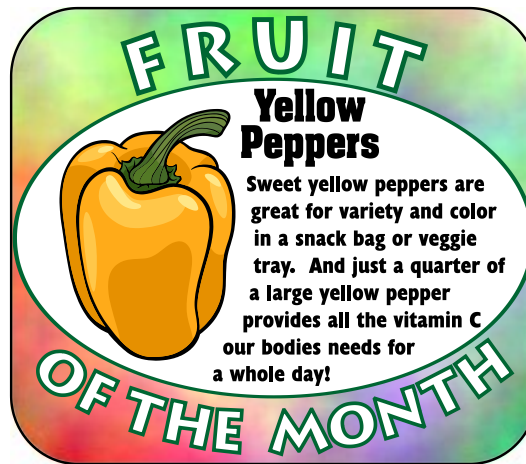
Choice of French Toast Sticks  
or Cereal; Fruit Choices;  
100% Fruit Juice; Milk

**Lunch**

Popcorn Chicken  
Whole Grain Roll  
Mashed Potatoes/Gravy  
Baked Beans  
100% Fruit Slushie  
Choice of Milk



They call this time of year  
the "dog days."  
It's hot. **Still.**  
You're in school. **Already.**  
Folks are a tad **testy.**  
But it won't stay  
this **hot** forever.  
Relief is **in sight.**  
We promise.  
**Hang in there, Dawg!**



We're  
**SO GLAD**  
to see you!  
It's going  
to be a  
**GREAT YEAR!**

Welcome  
Back  
for **FOOD,**  
**FUN, & FITNESS!**



**STRANGE**  
**BUT TRUE!**

*IN LESS THAN A SECOND, A FROG  
CAN ROLL OUT ITS TONGUE,  
SNATCH ITS PREY, AND ROLL THE  
TONGUE COMPLETELY BACK INTO  
ITS MOUTH! AMAZINGLY,  
FROGS DO THIS WITH THEIR EYES  
TIGHTLY CLOSED, SO THEY HAVE TO TAKE  
GOOD AIM BEFORE STRIKING!*

★OUR NATION'S HISTORY★

**B**efore Benedict Arnold betrayed his young country and became the most infamous traitor in our history, he was among the greatest American soldiers of the Revolutionary War. But by the time he was named commander of the key fort at West Point, New York in the summer of 1780, he had already been secretly collaborating with the British enemy for more than a year.



★WITH LIBERTY & JUSTICE FOR ALL★

**NUTRITION TO GO**

The most important variable for healthy weight is how many calories you take in on an average day. If you take in more than you burn, you'll bank those extra calories as added weight. Try this cool experiment with your whole family: count the calories in everything you eat and drink for one day – you might be surprised at the total.

**A QUICK BITE FOR PARENTS**