

# August 2020

## Beecher City CUSD #20

### LUNCH



**School Information:** This district is an equal opportunity provider.

This menu is subject to change.



**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 and clean up together!



Reference: USDA MyPlate

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

3

4

5

6

7

10

11

12

TEACHER INSTITUTE

13

TEACHER INSTITUTE

14

NO SCHOOL

17

BREAKFAST PIZZA

CORN DOG

CHEESY POTATOES

PEAS

PEACHES

18

DONUT

SPAGHETTI W/ MEAT SAUCE

GARLIC STICK

SALAD

GREEN BEANS/PEARS

19

BISCUITS AND GRAVY

CHICKEN STRIPS

FRENCH FRIES

CORN

MANDARIN ORANGES

20

FRENCH TOAST STICK W/ SYRU

TACO SALAD

LETTUCE/TOMATO

CHIPS

REFRIED BEANS

21

MUFFIN

PIZZA

SALAD

MIXED FRUIT

24

SAUSAGE CHEESE BISCUIT

CHILI CHEESE DOG

FRENCH FRIES

PEAS

BANANA

25

BREAKFAST BURRITO

HAM AND CHEESE

HASHBROWN CASSEROLE

CORN

GRAPES

26

BAGEL W/CREAM CHEESE

CHICKEN SANTA FE

RICE

REFRIED BEANS

PEACHES

27

ENGLISH MUFFIN

BEEF AND NOODLES

MASHED POTATOES

GREEN BEANS

APPLES

28

SAUSAGE ON STICK

CHICKEN PATTY ON BUN

BAKED POTATO

BROCCOLI CHEESE

PEARS

31

MUFFIN

CHICKEN ALFREDO

GARLIC STICK

SALAD

BANANA

