

# August 2018

Mon	Tue	Wed	Thu
<p>13</p> <p><i>Pancake on a stick, juice</i> ..... <i>Frito pie, beans, peaches</i></p>	<p>14</p> <p><i>Cheesy eggs, cinnamon toast, juice</i> ..... <i>Chicken wrap, salad, pears</i></p>	<p>15</p> <p><i>French toast sticks, sausage, juice</i> ..... <i>Peanut butter and jelly, chips, carrots, fruit cup</i></p>	<p>16</p> <p><i>Banana bread, ham, juice</i> ..... <i>Nachos, beans, salad, pineapple</i></p>
<p>20</p> <p><i>Waffle, sausage, juice</i> ..... <i>Spaghetti, salad, bread, pineapple</i></p>	<p>21</p> <p><i>Hot pockets, apple</i> ..... <i>Hot dogs, chips, apple sauce</i></p>	<p>22</p> <p><i>Bagel, ham, juice</i> ..... <i>Tamales, beans, peaches</i></p>	<p>23</p> <p><i>Breakfast burrito, juice</i> ..... <i>Hamburgers, beans, oranges</i></p>
<p>27</p> <p><i>Blueberry muffin, sausage, juice</i> ..... <i>Beefy noodles, bread, pineapple</i></p>	<p>28</p> <p><i>Poptart, ham, juice</i> ..... <i>Chicken pot pie, apricots</i></p>	<p>29</p> <p><i>Breakfast pizza, juice</i> ..... <i>Sandwich, chips, pickle, mixed fruit</i></p>	<p>30</p> <p><i>Cereal, cheese stick, juice</i> ..... <i>Salisbury steak, mashed potatoes and gravy, peas, pears</i></p>

Vegetables	Starchy	Other	Milk Available with every meal.
K-8—3/4 Cup a day	1/2 C—K-8 per week	K-8—1/2Cup per week	FF Flavored, % Plain
9-12—1 Cup a day	1/2C—9-12 per week	9-12—3/4 C per week	All Juice 100%
Red / Orange	Beans and Peas		WW Whole Wheat, WG whole grain
K-8—3/4C per week	K-12—1/2 Cup per week		Items may change due to availability
9-12—1 1/4 C per week			