

August

BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
<ul style="list-style-type: none"> • Jumpstart: Mini Dipper doodle bar / string cheese / fruit 	<ul style="list-style-type: none"> • Plain Bagel w/ cream, cheese / fruit 	<ul style="list-style-type: none"> • Yogurt / educational snacks / fruit 	<ul style="list-style-type: none"> • Hot French Toast, Maple Turkey, Sausage, Egg Combo / fruit 	<ul style="list-style-type: none"> • French Toast Muffin / fruit
27	28	29	30	31

Welcome Back!

Start your day (and your new school year!) off right with a healthy breakfast.

Not only is breakfast the **most important meal of the day**, but it's also one of the key ways to **maximize your daily energy** and **increase concentration** throughout the whole day!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

This institution is an equal opportunity provider



August

Breakfast PSN

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
• Honey Grahams / cinnamon rumbles / fruit	• Plain bagel w/ cream cheese / fruit	• Yogurt / educational snacks / fruit	• HOT French Toast Sticks / fruit	• French Toast Muffin / fruit
27	28	29	30	31



August

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
<ul style="list-style-type: none"> • RF hot dog (DF) • Cheddar cheese sandwich (VG) ○ Steamed corn 	<ul style="list-style-type: none"> • Popcorn chicken bites w/ BBQ bean sauce ○ edamame 	<ul style="list-style-type: none"> • Creamy chicken alfredo • Egg salad sandwich (VG) ○ Steamed carrots 	<ul style="list-style-type: none"> • Pepper jack cheeseburger • Veggie taco salad ○ Broccoli & carrot salad 	<ul style="list-style-type: none"> • Sweet garlic noodles w/ chicken thigh ○ Green beans
27	28	29	30	31

