

# August

BREAKFAST K-12

revolution<sup>foods.</sup>

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"> <li>• Jumpstart: Mini Dipper doodle bar / string cheese / fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Plain Bagel w/ cream, cheese / fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt / educational snacks / fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Hot French Toast, Maple Turkey, Sausage, Egg Combo / fruit</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast Muffin / fruit</li> </ul>
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

revolution<sup>foods.</sup>

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

revolution foods.

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"> <li>• RF hot dog (DF)</li> <li>• Cheddar cheese sandwich (VG)</li> <li>◦ Steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn chicken bites w/ BBQ bean sauce</li> <li>◦ edamame</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy chicken alfredo</li> <li>• Egg salad sandwich (VG)</li> <li>◦ Steamed carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Pepper jack cheeseburger</li> <li>• Veggie taco salad</li> <li>◦ Broccoli &amp; carrot salad</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet garlic noodles w/ chicken thigh</li> <li>◦ Green beans</li> </ul>
27	28	29	30	31

