

MEAL PRICES

Breakfast:

Student Paid - \$1.50

Student Reduced - \$.30

Adult Paid - \$2.20

Milk - \$.40

Lunch:

PreK-6 Student Paid - \$2.40

7-12 Student Paid - \$2.55

Student Reduced - \$.40

Adult - \$3.55

AUGUST 2015

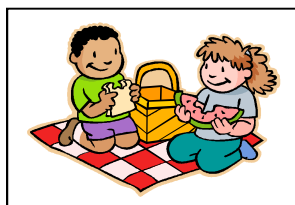
WELCOME BACK TO SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
	10	11	12	13	14
	Breakfast variety of juices - carbs 12g-18g Assorted Cereals 18g-28g Milk carb: 1% white milk 11g Skim chocolate milk 24g				
	17	18	19	20 Biscuit 22g Sausage Gravy 10g Pineapple 17g Chicken Tetrzzini 20.11g Garden Salad 2.66g Peas 5g/10g Pears 14g Garlic Bread 18g	21 Cereal String Cheese 3g Pears 14g Taco Salad 7g/8g Refried Beans 23g Baby Carrots 3g Apricots 19g

<p>24 Pancakes 26g Sausage 1g Apricots 19g</p> <p>Tater Tot Casserole 16g Peas 5/10g Rosy Applesauce 22g Oatmeal Cookie 17.43g</p>	<p>25 Scrambled Eggs Biscuit 22g Rosy Applesauce 22g</p> <p>Chicken Fried Steak 18g Mashed Potatoes 16g Gravy 4g Broccoli 2.5/5g Banana 27g</p>	<p>26 Cereal Trix Yogurt 20g Banana 27g</p> <p>Ham and Cheese Sub 24g Tortilla Chips 17g/38g Salsa Baby Carrots 3g Apple Salad 16g</p>	<p>27 Cinnamon Roll 30g uniced 46g iced Apple 13g</p> <p>Chicken Parmesan on Bun 30g Spinach 2g/5g Mixed Veggies 12g Mandarin Oranges 17g</p>	<p>28 Banana Crumb Muffin 53g Mandarin Oranges 17g</p> <p>Corn Dog 33g Baked Beans 39g Cauliflower 3g Pineapple 17g</p>
<p>31 Biscuit 22g Sausage Gravy 10g Pineapple 17g</p> <p>Pork Sandwich Pasta Salad 17g Green Beans 6g Pears 25g</p>				

Peach Melba Breakfast “Shortcake”

1 frozen waffle, lightly toasted ½ c cottage cheese
 ½ c honey-flavored multi-grain cereal flakes with oat clusters and almonds
 3 slices, drained, canned peaches ¼ c raspberries
 Top waffle with cottage cheese, cereal and fruit. Serve immediately.



AUGUST IS MONTH FOR CELEBRATING:

Admit you are Happy Month, Nation Eye Exam Month, Peach Month, Picnic Month, 16th tell a joke day, 30th toasted marshmallow day

<http://www.kidsacookin.org/kidschef/> Kids check out food safety for when you are cooking at home.

