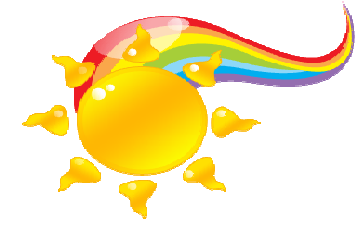


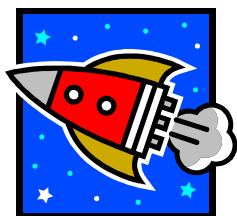
MEAL PRICES	
<b>Breakfast:</b>	<b>Lunch:</b>
Student Paid - \$1.35	PreK-5 Student Paid - \$2.10
Student Reduced - \$.30	6-8 Student Paid - \$2.20
Adult Paid - \$2.00	9-12 Student Paid - \$2.30
	Student Reduced - \$.40
Milk - \$.35	Adult - \$3.25

# AUGUST 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p><b>It's back to school time! Just a reminder that it is also time for new applications for free/ reduced lunches. Please get it filled out and turned in right away.</b></p>			<p><b>CCOUNTS POSITIVE ALL YEAR.</b></p>	
6	7	8	9	10
13	14	15	16	17
<p>This institution is an equal opportunity provider. Milk offered with all meals. Menus are subject to change</p>		 <p><b>WELCOME BACK! BE SAFE COMING TO SCHOOL</b></p>	<p><b>FIRST DAY OF SCHOOL</b></p> <p>Sausage &amp; Cheese Biscuit 24g Pears 14g</p> <p>Breaded Chicken Patty on Bun 25g Potato Wedges 19g Tomato Slices 4g Peaches 12g</p>	<p>Breakfast Pizza 26g Peaches 12g</p> <p>Beef Haystack 20g/38g Alamo Beans 23g Peas 6/12 Applesauce 21g</p>

20 Cereal 14-25gm Sausage Links 0 Applesauce 21g  Chicken Nuggets 10g Mashed Potatoes 16g Gravy 4g Carrots 6g Peaches 12g	21 Chicken Biscuit Sandw. 30g Peaches 12g  Cheeseburger 17g Bean Bake 36g Fries 19g Grapes 15g	22 Biscuit Sausage Gravy 30g Grapes 15g  Egg Roll 22g Rice 22g Broccoli 6g Pineapple 20g	23 Donut 30g Ham Patty 2g Pineapple 20g  Turkey Sandwich 31g Salad Greens 3g Tomato Slices 4g Orange Wedges 16g	24 Breakfast Pizza 26g Oranges 16g  11g Chicken Enchilada Casserole Garden Spinach Salad 2g Green Beans 7g Pears 14g
27 Cereal 14-25 g Sausage Links 0  Sausage Gravy 8g Biscuit 22g Glazed Carrots 22g Hash brown Patty Pineapple 20g	28 Ultimate Breakfast Round 44g Pineapple 20g  Pizza Casserole 53g Corn 14g Salad Greens 1g Wheat Roll Apricots	29 Biscuit and Sausage Gravy 30g Apricots  Taco Salad K-8-22g HS 40g Refried Beans 24g Diced tomatoes Mixed Fruit 19g	30 Pancake on Stick 22g Mixed Fruit 19g  BBQ Pork Patty 20g Broccoli Salad Country Trio Wheat Roll Pears	31 Breakfast Pizza 26g Pears  Chicken Parmesan on Bun Peas 11g 37g Salad Greens 1g Mandarin Oranges 17g



*Keep your feet on the ground, but let your heart soar as high as it will.  
Refuse to be average*

Parents check out this site with your kids – lots of nutrition information and fun games to play that will teach them about nutrition and exercise. Looks like lots of fun!!  
<http://www.nourishinteractive.com/kids/kidsarea.html>

**CHANGES**  
**Every lunch has to have ½ cup of fruit, fruit/vegetable or vegetable in order to be a reimbursable meal.**  
**We will be asking them to take fruits and vegetables for this reason – otherwise the meal will have to be charged with each separate item and cost more.**  
**Please Parents – help us to help your Kids eat healthier!**