

MEAL PRICES

Breakfast:

Student Paid - \$1.40

Student Reduced - \$.30

Adult Paid - \$2.10

Milk - \$.35

Lunch:

PreK-5 Student Paid - \$2.30

6-8 Student Paid - \$2.40

9-12 Student Paid - \$2.50

Student Reduced - \$.40

Adult - \$3.45

AUGUST 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4	5	6	7	8	
Breakfast variety of juices - carbs 12g-18g Assorted Cereals 18g-28g Milk carb: 1% white milk 13g Skim chocolate milk 31g					
11	12	13	14 Applesauce Oatmeal Muffin Peaches 12g/Juice 39g Chicken Parmesan on Bun 30g Green Beans 2/4 g Broccoli 5g Mandarin Oranges 17g	15 Biscuit 22g Sausage Gravy 10g Mandarin Oranges 17g /Juice Corn Dog 33g Baked Beans 58g Peas 5g/10g Pears 14g	
		<i>WELCOME BACK TO SCHOOL!</i>			

18 Cereal Graham Cracker 18g Pears 14g/ Juice Homemade Pizza 30g Tossed Salad 3g Baby Carrots 4g Peaches 12g	19 Biscuit 22g Sausage Patty 1g Peaches 12g/Juice Chicken Nuggets 12g Mashed Potatoes 16g Gravy 4g Roll 23g Peas 5/10g Apricots19g	20 Breakfast Pizza 26g Apricots 19g/ Juice Biscuit 22g Sausage Gravy 10g Glazed Carrots 20g Hash brown Patty 13g/26g Pears 14g	21 Breakfast Bake 26g Pears 14g/ Juice BBQ Pork Patty on Bun 43g Fresh broccoli 1g Green Bean4g Pineapple 17g	22 Biscuit 22g Sausage Gravy 10g Pineapple 17g/Juice Taco Rice27g Mixed Vegetables 6/12g Refried Beans 23g Apple Wedges 13g
25 Cereal String Cheese 3g Apple Wedges 13g/Juice Taco Burger 29g Sweet potato Tots 14g Green Beans4g Pears 14g	26 Blueberry Bubble Bread 43g Pears 14g/Juice Chicken and Noodles 29g Mashed Potatoes 16g Carrots Mandarin Oranges 17g Snickerdoodle K-8 20g/HS 40g	27 Breakfast Pizza 26g Mandarin Oranges 17g/ Juice Super Nachos 43g Tomatoes 2g Peas 10g Applesauce 14g Chocolate Chip Cookies k-5 19g 6-12 38g	28 Cinnamon Bun 36g Applesauce 14g/ Juice Pig in a Blanket 26g Broccoli w/ Cheese 4g/8g Baked Beans 58g Orange 15g	29 Biscuit 22g Sausage Gravy 10g Orange15g / Juice Chicken Strips 13g Savory Rice 15g/ 30g Corn 8g/16g Tossed Salad 3g Banana 27g

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.