

**MEAL PRICES**

<b>Breakfast:</b>	<b>Lunch:</b>
PK-12 \$1.60	PK-6 - \$2.50
Reduced - \$.30	7-12 - \$2.65
	Reduced - \$.40
Adults - \$2.20	Adults - \$3.60
Milk \$.40	

# AUGUST 2016

## WELCOME BACK TO SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Breakfast variety of juices -carbs 12g-18g Assorted Cereals 18g- 28g Milk carb: 1% white milk 13g Skim chocolate milk 31g	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18 Sausage/ cheese</b> <b>Biscuit 29g</b> <b>Pineapple 20g</b>  <b>Cheeseburger on Bun 29g</b> <b>Bean Bake 15g/30g</b> <b>Sweet Potato Fries 8/15g</b> <b>Peaches 12g</b>	<b>19 Cereal</b> <b>String Cheese 1g</b> <b>Peaches 12g</b>  <b>Super Nachos 43g</b> <b>Carrots 3/6g</b> <b>Oranges 18g</b> <b>WG Chocolate Chip</b> <b>Cookies 20/40g</b>

<p><b>22 WG Pancakes 27g</b>  <b>Sausage Links 1g</b>  <b>Oranges 18g</b></p> <p><b>Breaded Pork Patty 19g</b>  <b>Chicken Rice 11/22g</b>  <b>Peas 10g</b>  <b>Rosy Applesauce 19g</b>  <b>WG Sugar Cookies 29/58g</b></p>	<p><b>23 WG Banana Crumb Muffin 38g</b>  <b>Rosy Applesauce 19g</b></p> <p><b>Chicken Parmesan on WG Bun 43g</b>  <b>Spinach 2/4g</b>  <b>Green Beans 3/6g</b>  <b>Fruit Cocktail 18g</b></p>	<p><b>24 WG Cinnamon Roll 34unice/g52 iced</b>  <b>Fruit cocktail 18g</b></p> <p><b>BBQ Chicken Wrangler on WG Bun 55g</b>  <b>Broccoli Cheese Rice 20g</b>  <b>Carrots 3/6g</b>  <b>Mandarin Oranges 17g</b></p>	<p><b>25 Cereal Yogurt 20g17g</b>  <b>Mandarin Oranges</b></p> <p><b>WG Corn Dog 30g</b>  <b>Bean Bake 15/30g</b>  <b>Sweet Potato Fries 8/15g</b>  <b>Pears 14g</b>  <b>Chocolate Chip Cookies 20/40g</b></p>	<p><b>26 WG Biscuit 27g</b>  <b>Sausage Gravy 8g</b>  <b>Pears 14g</b></p> <p><b>Chicken Fried Steak 16g</b>  <b>Mashed Potatoes 20g</b>  <b>Gravy 4g</b>  <b>Mixed Vegetables 6/12g</b>  <b>Pineapple &amp; Bananas 14g</b></p>
<p><b>29 WG Breakfast Pizza 26g</b>  <b>Pineapple 20g</b></p> <p><b>WG Chicken Strips 11g</b>  <b>Savory Rice 14/28g</b>  <b>Peas 10g</b>  <b>Cauliflower 2/4g</b>  <b>Peaches 12g</b></p>	<p><b>30 Scrumptious Coffee Cake 57g</b>  <b>Peaches 12g</b></p> <p><b>Sloppy Joe Taters 31g</b>  <b>Green Beans 3/6g</b>  <b>Pears 14g</b>  <b>Chocolate Chip Cookie 40g</b></p>	<p><b>31 WG French Toast 21g</b>  <b>Sausage Patty 1g</b>  <b>Pears 14g</b></p> <p><b>WG Biscuit 27g</b>  <b>Sausage Gravy 8g</b>  <b>Glazed Carrots 9/18g</b>  <b>Hash Brown Patty 13/26g</b>  <b>Applesauce 14g</b></p>		

**TRAIL MIX**

- 2c. low-sugar, whole-grain cereal     1 c raisins
- 1c. dried fruit, like cranberries, apricots, apples or papaya
- 1c nut, like walnuts, almonds or pistachios
- 1c sunflower seeds or pumpkin seeds
- 1 c dark chocolate chips

Wash your hands. Put all of the food into large bowl. Mix it up with your hands. Put 2 handfuls of your trail mix in a zip-top bag. Keep putting trail mix in bags until the bowl is empty. When it's time for a snack you have a bag ready to eat! Enjoy!



**AUGUST IS MONTH FOR CELEBRATING:**

Admit you are Happy Month, Family Fun Month, Peach Month, Picnic Month, 10<sup>th</sup> S'mores day, 22<sup>nd</sup> Be an Angel Day, 31<sup>st</sup> Trail Mix Day



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

***This institution is an equal opportunity provider.***