

Due to Covid-19, all students will be eating lunch in their classrooms. There will be NO outside lunches (from restaurants) brought in to the students at this time. They may bring a lunch kit or get a tray from the cafeteria. The lunch count must be turned in by 8:30am each day.



**Nutrition Tip:** August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat and clean up together!



Reference: USDA MyPlate

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

3

4

5

6

7

10

11  
Hot Dogs  
Tator Tots  
Cucumbers  
Cookie  
Milk

12  
Spaghetti  
Green Beans  
Garlic Stick  
Fruit  
Milk

13  
Zoo Nuggets  
Mac n Cheese  
Black Eyed Peas  
Cake  
Milk

14  
Ham/Cheese  
Sandwich  
Lettuce/Tomato/Pickles  
Chips / Fruit  
Milk

17  
Hamburgers  
French Fries  
Pinto Beans  
Fruit  
Milk

18  
Bean/Beef/Cheese  
Burrito  
Spanish Rice  
Tortilla Chips / Salsa  
Cookie / Milk

19  
Chicken Thighs  
Potatoes/Gravy  
Corn  
Fruit  
Milk

20  
Corn Dogs  
Tator Tots  
Pork n Beans  
Cake  
Milk

21  
Grilled Cheese  
Fritos  
Carrot Sticks  
Fruit  
Milk

24  
Chopped BBQ  
Sandwich  
Tator Tots  
Salad / Fruit  
Milk

25  
Tamales  
Spanish Rice  
Black Beans  
Cookie  
Milk

26  
Chicken Fried Steak  
Rice/Gravy  
Cooked Carrots  
Fruit  
Milk

27  
Fish Sticks  
Garlic Parmesan Pasta  
Peas  
Cake  
Milk

28  
Potato/Egg/Sausage  
Burrito  
Tortilla Chips / Salsa  
Fruit  
Milk

31  
Tuna Sandwich  
Potato Chips  
Cucumbers / Carrots  
Fruit  
Milk

