

AUGUST 2021 LUNCH



Milk contains no artificial growth hormones or antibiotics.
We use heart healthy whole-grain breads and serve 100% fruit juice.

Nutrition and allergen information available at

Milk is available with all meals













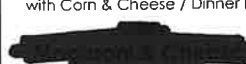
Menu items do not contain pork

+ Contains no meat

www.FSPro.com

Menu Subject to Change

AB/SSL

Monday	Tuesday	Wednesday	Thursday	Friday
16 Chicken Nuggets Breadstick / BBQ Sauce  Sweet Potato Fries Fresh Fruit	17  Breaded Chicken Sandwich BBQ Sauce Steamed Broccoli Flavored Applesauce <i>FAM LUNCH</i>	18  Beef & Cheese Soft Tacos Taco Sauce Black Charro Beans Baby Carrots Fresh Fruit	19  Hot Diggity Dog Ketchup Tater Tots / Ketchup Craisins HAPPY NATIONAL POTATO DAY! 	20 Meatballs with Gravy Parsley Egg Noodles  Steamed Green Beans 100% Fruit Juice
23  Deep Dish Galaxy Pepperoni Pizza Steamed Broccoli Fresh Fruit	24  Pizza Dippers + Pizza Dipping Sauce Sweet Potato Fries 100% Fruit Juice	25 Nacho Combo Toslito's Scoops  Black Beans Fresh Fruit	26  Turkey Ham & Cheese Melt Emoticon Fries / Ketchup Fresh Fruit	27  Chicken Tenders Breadstick / BBQ Sauce Tossed Salad / French Dressing Baby Carrots Flavored Applesauce
30 BBQ Meatball Sub  Steamed Mixed Vegetables Craisins	31 Chicken Mashed Potato Bowl with Corn & Cheese / Dinner Roll  Steamed Carrots Flavored Applesauce	<h2>CHALLENGE OF THE MONTH: GARDEN YOGA</h2>		

AUGUST 19, 2021 – NATIONAL POTATO DAY

POTATO FUN FACTS

- Today potatoes are grown in all 50 states of the USA and in about 125 countries throughout the world.
- The potato is about 80% water and 20% solids.
- The average American eats about 124 pounds of potatoes per year.
- In October 1995, the potato became the first vegetable to be grown in space.
- Thomas Jefferson gets the credit for introducing "french fries" to America when he served them at a White House dinner.

*Source: <https://idahopotatomuseum.com/potato-facts/>

Yoga is a great way to stretch and be mindful of your body and the world around you. Be sure to take deep breaths in each pose.



BE A FROG

Lower down into a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



BE A TREE

Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Repeat with other leg.



BE A BUTTERFLY

Sit with your spine straight. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.