


August Elementary Menu

	First Day! Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
<p>Encourage your child to fuel up with a nutritious breakfast and lunch each day at <u>no cost to students!</u> Please send money for your child's meal account if they wish to purchase a la carte or extra items. <u>Adult meal prices are \$2.50 for breakfast and \$3.50 for lunch.</u></p>	<p>Stuffed Crust Pizza (36) or Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Mixed Green Salad, ¾ c. (4) Green Beans, ½ c. (4) Fresh Fruit, ½ c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peaches, ½ c. (12) Milk (11-22)</p>	<p>Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (29) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, ½ c. (28) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22)</p>	<p>Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Spaghetti, ½ c. (21) w/ Meat Sauce (*) & Shredded Cheese, 1 oz. (1), Breadstick (14) or Turkey Sandwich (28) or Salad Plate (*) Garden Salad, ¾ c. (4) w/ Dressing (*) Steamed Broccoli, ½ c. (5) Fresh Fruit, ½ c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>
Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
<p>Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Eggo Mini Pancakes (35) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Pizza (22) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Burrito (23) & Toast (18) & Jelly (9) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>
<p>Hot Dog (2) on Bun (27) or Ham & Cheese Sandwich (28) or Salad Plate (*) Baked Beans, ½ c. (29) Scooby Doo Snacks, 1 oz. (21) Steamed Broccoli, ½ c. (5) Fresh Fruit, ½ c. (8-15) Diced Pears, ½ c. (14) Milk (11-22)</p>	<p>BREAKFAST FOR LUNCH Sausage & Eggs Biscuit (26) & Gravy (*) or Salad Plate (*) Potato Cubes, ½ c. (*) Fresh Veggie Cup, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (*) Fresh Fruit (~15) Milk (11-22)</p>	<p>Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate* Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22)</p>	<p>Stuffed Crust Pizza (36) on Bun (25) or NEW! Chicken Sandwich (*) or Salad Plate (*) Golden Corn, ½ c. (16) Garden Salad, ¾ c. (4) w/ Dressing (*) Fresh Fruit, ½ c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Taco Meat, 3 oz. (4) or Turkey Sandwich (28) or Salad Plate (*) Shredded Cheese, 1 oz. (1) Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, ¼ c. (4) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit, ½ c. (8-15) Mixed Fruit Cup, ½ c. (18), Milk (11-22)</p>
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
<p>Eggo Mini Pancakes (35) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Pizza (22) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Burrito (23) & Toast (18) & Jelly (9) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>
<p>Mini Corn Dogs, 6 (30) or Yogurt (*) & Cereal (*) or Salad Plate (*) Corn on the Cob (19) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22)</p>	<p>Salisbury Steak (2)/Gravy (5) or Ham & Cheese Sandwich (28) or Salad Plate (*) Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Bread, 1 slice (18) Fresh Fruit, ½ c. (8-15) Pineapple Tidbits, ½ c. (18) Milk (11-22)</p>	<p>Chicken Strips, 3 (17) & Pancakes (*), Syrup (*) Yogurt (*) & Cereal (*) or Salad Plate (*) Potato Cubes, ½ c. (*) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22)</p>	<p>Lasagna Roll-Up (27) or Ham & Cheese Sandwich (29) or Salad Plate (*) Breadstick (14) Green Beans, ½ c. (4) Mixed Green Salad, ¾ c. (4) Fresh Fruit (~15) Diced Pears, ½ c. (14) Milk (11-22)</p>	<p>Mandarin Orange Chicken (19) or Turkey Sandwich (28) or Salad Plate (*) Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment (~15) Fruit Sidekicks (20) Milk (11-22)</p>
Monday, August 28	Tuesday, August 28	Wednesday, August 30	Thursday, August 31	Friday, September 1
<p>Eggo Mini Pancakes (35) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Pizza (22) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p>	<p>Breakfast Burrito (23) & Toast (18) & Jelly (9) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p>	<p>NO SCHOOL FOR STUDENTS</p>
<p>Stuffed Crust Pizza (36) or Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Mixed Green Salad, ¾ c. (4) Green Beans, ½ c. (4) Fresh Fruit, ½ c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (29) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (28) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22)</p>	<p>Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peaches, ½ c. (12) Milk (11-22)</p>	<p>Spaghetti, ½ c. (21) w/ Meat Sauce (*) & Shredded Cheese, 1 oz. (1), Breadstick (14) or Turkey Sandwich (28) or Salad Plate (*) Garden Salad, ¾ c. (4) w/ Dressing (*) Steamed Broccoli, ½ c. (5) Fresh Fruit, ½ c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Numbers in parenthesis next to menu items (**) indicate the grams of carbohydrates. For meal suggestions, please contact Kristy Hodges via email at kristy.hodges@grayson.kyschools.us.</p>