



Cafeteria Manager: Jessica Cabe



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!

This institution is an equal opportunity provider.

Reference: USDA MyPlate

MONDAY

2

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

Pizza OR
Mini Corndogs
Corn
Broccoli & Cheese
Fruit
Choice of Milk

9

Steak Nuggets OR
Chicken Nuggets
Roll
Mac & Cheese
Pintos
Fruit & Choice of Milk

10

Cheese Sticks OR
Chicken Alfredo
Green Beans
Veggie Cup
Fruit
Choice of Milk

11

Shrimp w/ hushpuppies
OR Hotdog
Slaw
Baked Beans
Fruit
Choice of Milk

12

BBQ Sandwich OR
Grilled Cheese
Chips
Side Salad
Fruit
Choice of Milk

13

Chicken Tenders w/ Roll
OR Steak Sliders
Peas & Carrots
Mashed Potatoes
Fruit & Choice of Milk

16

Taco Salad OR
Chicken Fajita
Lettuce/Tomato
Refried Beans
Fruit & Choice of Milk

17

Fish Sandwich OR
Manwich
French Fries
Baked Beans
Fruit & Choice of Milk

18

Ham & Cheese Sandwich
OR Pizza
Side Salad
Corn
Fruit & Choice of Milk

19

Chicken Littles OR
Hamburger
Lettuce/Tomato/Pickles
Veggie Sticks
Fruit & Choice of Milk

20

Popcorn Chicken w/ Roll
OR Fish & Hushpuppies
Pintos
Mac & Cheese
Fruit & Choice of Milk

23

Chicken & Waffles OR
Corndog
Waffle Fries
Corn on the Cob
Fruit & Choice of Milk

24

Steak Nuggets w/ Roll
OR Pizza
Side Salad
Mac & Cheese
Fruit & Choice of Milk

25

Chicken Sandwich OR
Hamburger
Baked Beans
Lettuce/Tomato/Pickle
Fruit & Choice of Milk

26

Grilled Cheese OR
PB&J w/ cheese stick
Chips
Carrots w/ dip
Fruit & Choice of Milk

27

Chicken Biscuit OR
Sausage Biscuit
TriTaters/Gravy
Tomato Wedges
Fruit & Choice of Milk

30

Cowboy Nachos OR
Burrito
Lettuce/Tomato
Corn
Fruit & Choice of Milk

31

