

Monday

Tuesday

Wednesday

Thursday

Friday



21
BBQ Rib Patty Sandwich
Steamed Corn
Cole Slaw
Applesauce
Choice of Milk

22
Chicken Nuggets
WG Dinner Roll
Potato Wedges
Lettuce and Tomatoes
Chilled Diced Pineapples
Choice of Milk

23
Toasted Cheese Sandwich
Marinara Dipping sauce
Potato Wedges
Fresh Pears
Choice of Milk

24
Whole Grain Chips
And Beef Chili
Black Bean and Corn Salad
Pico de Gallo
Golden Delicious Apples
Choice of Milk

25
Cheese Pizza
Mixed Greens Salad
Carrot Sticks W/Ranch Dip
Petite Bananas
Choice of Milk

28
Café Cheeseburgers on
WG Bun
Potato Wedges
Baked Beans
Applesauce

29
Baked Breaded
Chicken Legs
Honey Glazed Sweet Potatoes
Steamed Green Beans
Chilled Diced Pineapples

30
Pasta and Meat Sauce
Broccoli
Fresh Pears
Choice of Milk

31
Turkey Hoagies
Lettuce and Tomato
Carrot and Celery Sticks
Ranch Dipping Sauce
Choice of Milk



Monday

Tuesday

Wednesday

Thursday

Friday

Welcome Back!

21
Zucchini Bread
Strawberry Banana Bash Yogurt
Fresh Pears
Strawberry Craisins
Assorted Milk

22
Beef Sausage on a WG
Bagel
Orange Wedges
Assorted Milk

23
Mini Maple Burst Pancakes
Reduced Sugar Trix Yogurt
Orange Wedges
Assorted Milk

24
Cinnamon Toast
Co Jack Cheese Stick
Bananas
Assorted Milk

25
Reduced Sugar
Cinnamon Toast Crunch
Tangerines
Apple Juice
Assorted Milk

28
Apple Cinnamon Roll
Hard Boiled Egg
Golden Delicious Apples
Assorted Milk

29
Apple Cinnamon Pancake
and Sausage on a stick
Orange Wedges
Assorted Milk

30
Triple Berry French Toast
Mozzarella String Cheese
Orange Wedges
Assorted Milk

31
Pumpkin Bread Slice
Reduced Sugar Trix Yogurt
Bananas
Assorted Milk

[Enter Additional Info]



Monday

Tuesday

Wednesday

Thursday

Friday



© Creative Expressions

Welcome Back!

21

Cojack Cheese Stick and
Craisins
Water

22

Giant Goldfish and
Unflavored 1% or Skim Milk

23

Nutrigrain Bars and
100% Apple Juice

24

Celery Sticks and
Sun Butter
Water

25

Assorted Reduced Sugar
Cereals Unflavored 1% or
Skim milk

28

Yogurt and
Strawberries

29

WG Pretzel and
100% Fruit Juice

30

Apple Slices and
Sun Butter

31

String Cheese and
100% Fruit Juice



Monday

Tuesday

Wednesday

Thursday

Friday



Welcome Back!

21

Zucchini Bread
Strawberry Banana Bash Yogurt
Fresh Pears
Strawberry Craisins
Assorted Milk

22

Beef Sausage on a WG
Bagel
Orange Wedges
Assorted Milk

23

Mini Maple Burst Pancakes
Reduced Sugar Trix Yogurt
Orange Wedges
Assorted Milk

24

Cinnamon Toast
Co Jack Cheese Stick
Bananas
Assorted Milk

25

Reduced Sugar
Cinnamon Toast Crunch
Fresh Peaches
Assorted Milk

28

Apple Cinnamon Roll
Hard Boiled Egg
Golden Delicious Apples
Assorted Milk

29

Apple Cinnamon Pancake
and Sausage on a stick
Orange Wedges
Assorted Milk

30

Triple Berry French Toast
Mozzarella String Cheese
Orange Wedges
Assorted Milk

31

Pumpkin Bread Slice
Reduced Sugar Trix Yogurt
Bananas
Assorted Milk



Monday

Tuesday

Wednesday

Thursday

Friday



21
BBQ Rib Patty Sandwich
Steamed Corn
Cole Slaw
Applesauce
Choice of Milk

22
Chicken Nuggets
WG Dinner Roll
Honey Glazed Sweet Potatoes
Lettuce and Tomatoes
Chilled Diced Pineapples
Choice of Milk

23
Toasted Cheese Sandwich
Marinara Dipping sauce
Potato Wedges
Fresh Pears
Choice of Milk

24
Whole Grain Chips
And Beef Chili
Black Bean and Corn Salad
Pico de Gallo
Nectarines
Choice of Milk

25
Cheese Pizza
Mixed Greens Salad
Carrot Sticks W/Ranch Dip
Petite Bananas
Choice of Milk

28
Cheeseburgers on
WG Bun
Potato Wedges
Lettuce and Tomato
Applesauce

29
Baked Breaded
Chicken Legs
Steamed Rice
Seasoned Collard Greens
Chilled Diced Pineapples

30
Pasta and Meat Sauce
Broccoli
Fresh Pears
Choice of Milk

31
Turkey Hotdogs
Potato Wedges
Baked Beans
Nectarines



Monday

Tuesday

Wednesday

Thursday

Friday



Welcome Back!

21

Zucchini Bread
Strawberry Banana Bash Yogurt
Fresh Pears
Strawberry Craisins
Assorted Milk

22

Beef Sausage on a WG
Bagel
Orange Wedges
Assorted Milk

23

Mini Maple Burst Pancakes
Reduced Sugar Trix Yogurt
Orange Wedges
Assorted Milk

24

Cinnamon Toast
Co Jack Cheese Stick
Bananas
Assorted Milk

25

Reduced Sugar
Cinnamon Toast Crunch
Fresh Peaches
Assorted Milk

28

Apple Cinnamon Roll
Hard Boiled Egg
Golden Delicious Apples
Assorted Milk

29

Apple Cinnamon Pancake
and Sausage on a stick
Orange Wedges
Assorted Milk

30

Triple Berry French Toast
Mozzarella String Cheese
Orange Wedges
Assorted Milk

31

Pumpkin Bread Slice
Reduced Sugar Trix Yogurt
Bananas
Assorted Milk



Monday

Tuesday

Wednesday

Thursday

Friday



Welcome Back!

21
Taco Stick
Seasoned Pinto Beans
Salsa
Assorted Fruit
Choice of Milk

22
Lasagna Roll Ups with
Marinara
Side Caesar Salad
Assorted Fruit
Choice of Milk

23
Salisbury Steak
and Gravy
Seasoned Brown Rice
Seasoned Broccoli
Carrots
Assorted Fruit

24
Toasted Cheese Sandwich
Marinara Dipping Sauce
French Fries
Assorted Fruit
Choice of Milk

25
Cheeseburger
Sweet Potato Puffs
Marinated Cucumber Coins
Assorted Fruit
Choice of Milk

28
Chalupa with Shredded
Lettuce and Tomatoes
Black Beans and Corn Salad
Assorted Fruit
Choice of Milk

29
Italian Style Cheese Sticks
Marinara Dipping Sauce
Spinach Salad
Assorted Fruit
Choice of Milk

30
Turkey and Gravy W WG
Dinner Roll
Mashed Potatoes
Collard Greens
Assorted Fruit
Choice of Milk

31
Pulled BBQ Chicken Sandwich
Roasted Carrots
Cole Slaw
Cinnamon Apples
Choice of Milk



Monday

Tuesday

Wednesday

Thursday

Friday

Welcome Back!

Mangoes

21

Did you know mangoes can get sunburned?

Celery Sticks and Ranch Dipping Sauce

22

Where does celery come from? Celery was first cultivated in the Mediterranean region about 3,000 years ago.

Cantaloupe Cubes

23

Fruits like cantaloupe are beneficial for your hair because they contain vitamin A

Cucumber Coins And Ranch Dipping Sauce

24

What are cucumbers good for?

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2439/2>

Watermelon

25

Visit www.watermelon.org

Red Plums

28

Red plums are a curious blend of sweet, sour and juicy.

Baby Carrot Sticks and Ranch Dipping Sauce

29



Bartlet Pears

30

There are ten varieties of USA Pears each with its own distinctive color, flavor, and texture.

Broccoli Florets

31

Broccoli Florets are a naturally good source of antioxidants, especially vitamin C. Eat your broccoli!



Food Bytes

Kids Eat Right

Did you know that August is *Kids Eat Right Month*? *Kids Eat Right Month* encourages kids and their families to eat healthy and be active. You can shop smart, cook healthy and eat right together with your family.

Shop Smart—You can help with planning menus and shopping for food.

Cook Healthy—Be a chef! You can help prepare healthy meals and snacks.

Eat Right—Sit down with your family to enjoy a tasty, healthy meal.

Get Moving—Be active every day for at least 60 minutes to build strong bones and muscles, promote a healthy weight, support learning and build self-esteem.

Build Healthy Habits—Be active every day. Fill half your plate with fruits and veggies, make half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and pick options lower in sodium, fat and sugar.

Kids Eat Right, from the Academy of Nutrition and Dietetics, offers recipes, tips and videos to help kids and their families eat healthy and be active.

Nutrilink: Visit www.kidseatright.org.

August High School Breakfast

Friendship Public Charter Schools



Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
Sausage, Egg, and Cheese Bagel Or Banana Bread Fruit Yogurt Or Assorted Cereal Cheese Stick Assorted Fruit Assorted Milk	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk	Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	Blueberry Pancake Sausage on a Stick Or Super Bun Or Assorted Cereal Colby Jack Cheese Stick With Assorted Fruit Apple Juice Assorted Milk	French Toast Sticks W/ Syrup Turkey Bacon Or Banana Bread Fruit Yogurt Or Assorted Cereal With Assorted Fruit Assorted Milk
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	
Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk	Sausage, Egg, and Cheese Bagel Or Banana Bread Fruit Yogurt Or Assorted Cereal Cheese Stick Assorted Fruit Assorted Milk	Cinnamon Pancake Sausage on a Stick Or Super Bun Or Assorted Cereal Colby Jack Cheese Stick With Assorted Fruit Apple Juice Assorted Milk	KIDS eat right.

August

- Family Meals Month
- Kids Eat Right Month
- National Farmers Market Week (August 6-12)
- National Watermelon Day (August 3)

Food Bytes

Kids Eat Right

Did you know that August is *Kids Eat Right Month*? *Kids Eat Right Month* encourages kids and their families to eat healthy and be active. You can shop smart, cook healthy and eat right together with your family.

Shop Smart—You can help with planning menus and shopping for food.

Cook Healthy—Be a chef! You can help prepare healthy meals and snacks.

Eat Right—Sit down with your family to enjoy a tasty, healthy meal.

Get Moving—Be active every day for at least 60 minutes to build strong bones and muscles, promote a healthy weight, support learning and build self-esteem.

Build Healthy Habits—Be active every day. Fill half your plate with fruits and veggies, make half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and pick options lower in sodium, fat and sugar.

Kids Eat Right, from the Academy of Nutrition and Dietetics, offers recipes, tips and videos to help kids and their families eat healthy and be active.

Nutrilink: Visit www.kidseatright.org.

August High School Lunch

Friendship Public Charter Schools



Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
Bacon Cheeseburger Or Grilled Cheese Baked Potato Wedges Green Beans Assorted Fresh Fruit Or Chicken Caesar Salad w/WG Breadstick	Chicken and Rice Bowl With Gravy, Broccoli and Carrots ~ Tuna Salad On Flat Bread Lettuce and Tomato ~ Turkey Garden Salad Assorted Milk and Assorted Fresh Fruit	WG Penne Pasta and Meat- balls W/ Marinara Sauce Or Chicken Patty Parmesan Sandwich W/ Green Beans Side Caesar Salad Assorted Fresh Fruit Or BBQ Chicken Garden Salad	Pulled BBQ Chicken on WG Bun or Grilled Chicken Sandwich Sweet Potato Puffs Cole Slaw Or Chopped Chef salad W/ Egg	Pepperoni Pizza Or Buffalo Chicken Flatbread Potato Wedges Corn and Tomatoes Fresh Peaches Or Chopped Kale Salad w/ Chicken, Apples, and Cranber-
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	
Beef Cheese Steak Or Baked Italian Cheese Sticks Potato Wedges Green Beans Glazed Carrots Assorted Fresh Fruit Or Chicken Caesar Salad w/WG	Buffalo Chicken Legs W/ WG Dinner Rolls Steamed Broccoli and Honey Glazed Carrots Or Turkey Flat Bread Sand- wich Lettuce and Tomato Or Assorted Fresh Fruit	Ravioli Cacciatore Or Meatball Subs With Side Caesar Salad Zucchini and Tomatoes Assorted Fresh Fruit Assorted Milk Or BBQ Chicken Garden	Turkey Hotdog WG Bun With Potato Wedges Vegetarian Baked Beans Or Bacon Cheeseburger Or Chopped Chef Salad W/ Egg	KIDS eat right.

August

- Family Meals Month
- Kids Eat Right Month
- National Farmers Market Week (August 6-12)
- National Watermelon Day (August 3)