

MENUS FOR AUGUST 2017

BACK TO SCHOOL

Pontiac Dist #429 & St. Mary's
Milk Served Daily

This institution is an equal opportunity provider. Menus are subject to change.

Monday, August 21

Breakfast
Muffin/String
Cheese
Grahams
Apricot Cup
Juice
Lunch
Hamburger/Bun
Tator Tots
Fresh Apple
Ketchup-Mustard

Tuesday, August 22

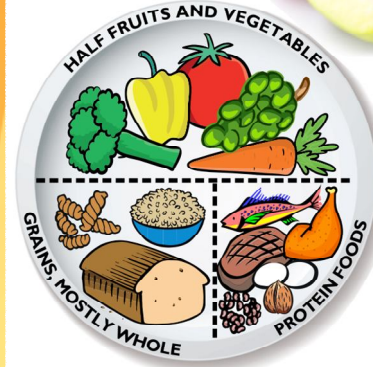
Breakfast
Wash-JH/Bacon Egg
Pizza
Choice of Cereal
Grahams
Grapes
Juice
Lunch
Sweet & Sour
Chicken/Rice
California Blend
Mandarin Oranges

Wednesday, August 23

Breakfast
Wash-JH/Pancake
Sausage Dog W/Syrup
Choice of Cereal
Grahams
Sliced Apples
Juice
Lunch
Nacho's (Meat-
Cheese-Chips)
Salsa
Fresh Romaine Salad/
Dressing
Fresh Watermelon

Thursday, August 24

Breakfast
Strawberry Yogurt
Grahams
Chilled Peaches
Juice
Lunch
Hamburger Pizza
Red Pepper Strips
Strawberries



What's on YOUR plate?



Friday, August 18

Breakfast
Strawberry Yogurt
Bar
Grahams
Chilled Mixed Fruit
Juice
Lunch
Chicken Fajita W/
Soft Shell/Cheese
Fresh Romaine
Salad/Dressing
Chilled Peaches

Friday, August 25

Breakfast
Raspberry Yogurt Bar
Grahams
Mixed Fruit
Juice
Lunch
Popcorn Chicken
Green Beans
Baked Apples w/
Cinnamon
Ketchup/BBQ Sauce

Make this the year you eat more fruits and veggies. And let us help!

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack. **And whenever you choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!**



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, August 28

Breakfast
Choice of Cereal
Grahams
Fruit Cup
Juice
Lunch
Sweet Baby Ray's
BBQ/Bun
Steamed Corn
Fresh Grapes

Tuesday, August 29

Breakfast
Wash-JH/Egg Scrambled W/
Bacon & Cheese
Choice of Cereal
Grahams
Fresh Strawberries
Juice
Lunch
Deli Ham & Salami
Roll Up
Baby Carrots
Fresh Watermelon
Ketchup-Mustard-Mayo

Wednesday, August 30

Breakfast
Fudge Poptart
Grahams
Orange Slices
Juice
Lunch
Chicken Nuggets
Mashed Potatoes
& Gravy
Orange Slices

Thursday, August 31

Breakfast
Wash-JH/Omelet W/
Sausage Link
Choice of Cereal
Grahams
Mandarin Oranges
Juice
Lunch
Cheeseburger/Bun
Steamed Peas
Chilled Peaches
Ketchup-Mustard



We hope you enjoy the last sweet days of Summer **BERRY** much!