



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15	16	17 Breaded Chicken Bites with BBQ Sauce WG Waffles with Syrup Cup Sunset Sip Juice Seasonal Fruit Choice of Milk	18 Homemade Meatloaf WG Dinner Roll with Margarine Mashed Potatoes Seasonal Fruit Choice of Milk	19 WG Cheese Pizza Sticks (2) with Marinara Dipping Sauce (1/4 cup) Fresh Salad Greens (1 cup) with Italian Dressing Seasonal Fruit Choice of Milk
22 WG Beef and Cheese Burrito Taco Sauce Fiesta Beans Seasonal Fruit Choice of Milk	23 Grilled BBQ Chicken Breast on WG Bun Creamy Coleslaw Seasonal Fruit Choice of Milk	24 WG Queso Cheese Pull Apart Taco Sauce Baby Carrots with Ranch Seasonal Fruit Choice of Milk	25 Turkey Meatballs in Marinara Sauce over Non-WG Pasta WG Breadstick Fresh Salad Greens with Italian Dressing Seasonal Fruit Choice of Milk	26 Chicken Smackers (10) with BBQ Packet WG Dinner Roll Mashed Potatoes Seasonal Fruit Choice of Milk
29 Roasted BBQ Chicken Leg Baked Cornbread with Honey Sweet Green Peas Seasonal Fruit Choice of Milk	30 Beef Tacos with Shredded Cheese on WG Tortilla with Taco Sauce Seasoned Beans Seasonal Fruit Choice of Milk	31 Teriyaki Chicken over Brown Rice Romaine Lettuce Salad with Dressing Seasonal Fruit Choice of Milk	<b>MILK FOR SCHOOL:</b> <b>SKIM WHITE</b> <b>LOW FAT WHITE</b> <b>SKIM CHOCOLATE</b>  <b>MENU SUBJECT TO CHANGE</b>	



**August Nutrition Tip: August 3<sup>rd</sup> National Watermelon Day**

Watermelon is rich in vitamin C. Just 1 cup of watermelon provides about 20 percent of our daily vitamin C needs. Vitamin C may reduce the risk of arteriosclerosis, cardiovascular disease and some cancers.

