

Dinner Menu

August 2017

Eat Smart to Play Hard



Eat fruits & veggies at meals & for snacks

What Makes A Meal?

A dinner meal includes all four items:

Entrée (Grain + Meat/Meat Alternative)

Vegetable

Fruit

Milk



14

No School



15

- Grilled Cheese Sandwich
- Peas
- Banana
- Low-fat or Skim Milk

16

- Pepperoni Pizza
- Celery Sticks w/ Ranch Dressing
- Orange Wedges
- Low-fat or Skim Milk

17

- Chicken Patty Sandwich
- Kickin' Pinto Beans
- Diced Pears
- Low-fat or Skim Milk

18

- Hot Dog on Bun
- Tater Bites
- Applesauce
- Low-fat or Skim Milk

21

- Chicken Nuggets w/ Breadstick
- Steamed Carrots
- Diced Pears
- Low-fat or Skim Milk

22

- Cheddar Cheese Omelet
- Waffle w/ Syrup
- Baked Beans
- Banana
- Low-fat or Skim Milk

23

- Max Snax Pizza Sticks w/ Marinara Sauce
- Corn
- Orange Wedges
- Low-fat or Skim Milk

24

- BBQ Pork Riblet Sandwich
- Oven Baked Fries
- Diced Peaches
- Low-fat or Skim Milk

25

- Ham and Cheese Deli Sandwich
- Green Beans
- Applesauce
- Low-fat or Skim Milk

28

- Cheese Pizza
- Peas
- Diced Pears
- Low-fat or Skim Milk

29

- Fish Sticks
- Baby Carrots w/ Ranch Dressing
- Diced Peaches
- Low-fat or Skim Milk

30

- Sausage, Egg and Cheese Muffin Melt
- Tater Bites
- Orange Wedges
- Low-fat or Skim Milk

31

- Popcorn Chicken w/ Breadstick
- Baked Beans
- Banana
- Low-fat or Skim Milk

1

- Meatball Pizza Sub
- Celery Sticks w/ Ranch Dressing
- Applesauce
- Low-fat or Skim Milk

Eat Smart to Play Hard



Drink milk at meals

Question:

What is a pretzel's favorite dance?

Answer:

The Twist!!

