

SCHOOL AUGUST LEARN

secondary

Fuel for the School Year

New year, fresh start.
Let's make it a good one.

- A solid lunch helps you focus and stay energized
- Protein powers you through the last period
- Fruits and veggies actually do help you feel better

Pro tips:

- Drink water
- Don't skip meals
- Try something new from the menu

You bring the goals. We'll bring the fuel. Let's go!



A choice of milk, Chef Salad, and a Grab N' Go will be offered every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME BACK!		13 Steak Fingers or Fatter than Fat Chicken Drumstick with Hot Roll Mashed Potatoes Seasoned Green Beans Salad w/ Toppings Fruit Cup	14 Chicken Alfredo or Choice of Pizza Garlic Bread Seasoned Vegetables Salad w/ Toppings Fruit Dessert	15 Specialty Burger or Corn Dog Basket with Fries Lettuce, Sliced Tomatoes, & Pickles Fresh Baked Cookie Fresh Fruit
18 Asian Bowl with Fried Rice or Popcorn Chicken Seasoned Vegetables Salad w/ Toppings Fruit Salad	19 Soft or Crispy Tacos Pinto Beans Spanish Rice Homemade Salsa Shredded Lettuce Chopped Tomatoes Pineapple	20 Chicken & Waffles or Chicken Strips with Hot Roll Mashed Potatoes Steamed Vegetables Salad w/ Toppings Berries & Cream	21 Chicken Spaghetti or Choice of Pizza Breadstick Seasoned Green Beans Salad w/ Toppings Strawberry Apple Sauce	22 Chili Dog or Cheese Burger Basket with Fries Lettuce, Sliced Tomatoes, & Pickles Fresh Baked Cookie Fresh Fruit
25 Stuffed Baked Potato with Hot Roll or Cheese Sticks with Marinara Sauce Macaroni & Cheese Steamed Broccoli Salad w/ Toppings Fruit Medley	26 Quesadillas or Crispito Spanish Rice Pinto Beans Homemade Salsa Salad w/ Toppings Fruit Cup	27 Country Bowl or Country Bucket Hot Roll Steamed Vegetables Salad w/ Toppings Fruit Cup	28 Spaghetti with Meat Sauce or Specialty Pizza Garlic Bread Steamed Vegetable Salad w/ Toppings Fruit Dessert	29 Cheese Burger or Chicken Sandwich Basket with Fries Lettuce, Tomatoes, & Pickles Fresh Baked Cookie Fresh Fruit

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of 8/11 & 8/25	Breakfast Pizza	Eggs & Bacon w/ Toast	Pig in a Blanket	Biscuits & Gravy	Pancake Wrap
Week of 8/18	Waffles	Eggs w/ Sausage & Toast	Breakfast on Bun	Banana Bread	Breakfast Taco

This institution is an equal opportunity provider.