



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



# BREAKFAST

## MONDAY



04

11

Poptart  
Apple juice  
milk

18

Ceral  
Apple juice  
milk

25

## TUESDAY



05

12

Min pancakes  
Apple juice  
milk

19

cinnamon roll  
Apple juice  
milk

26

## WEDNESDAY



06

13

Breakfast pizza  
Apple juice  
milk

20

Cherry frudel  
Apple juice  
milk

27

## THURSDAY



07

Cereal  
Apple juice  
milk

14

Bagels or cinnamon raisin  
bread  
Apple juice  
milk

21

Poptart  
Apple juice  
milk

28

## FRIDAY



01



08

Donuts  
Apple juice  
Milk

15

Scrambled eggs with biscuit  
Apple juice  
milk

22

Donuts  
Apple juice  
milk

29



School Information:  
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# AUGUST 2025



August is National Peach Month! Toss sliced peaches in a salad, layer in a yogurt parfait or simply have sliced peaches as a side dish.



# LUNCH

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



04

05

06

07

01

08

11

12

13

14

15

Hamburger on a bun  
Salad  
Pears  
milk

18

Bosco sticks with marinara  
Green beans  
Orange  
milk

19

Breaded chicken patty on a  
bun  
French fries  
Applesauce  
milk

20

Spaghetti and meatballs  
Apples  
Carrots  
Breadstick  
milk

21

Corn dog  
Chips  
Jello  
Celery  
Milk

22

Biscuits and gravy  
Sausage links  
Hashbrown  
Apple juice  
milk

25

Pizza  
Salad  
Orange  
milk

26

Hot dog on a bun  
Chips  
Apple  
Carrot sticks  
milk

27

Chicken Alfredo  
Breadstick  
Apple juice  
Carrots  
milk

28

Mandarin orange chicken  
Egg roll  
Salad  
Pineapple chunks  
milk

29



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