

Monday, Aug. 17

Breakfast
Cereal Bar
Assorted Cereal
Juice, Milk

Lunch
Pizza

Choice of Two:
Applesauce,
Tossed Salad, Fresh Fruit,
Juice
Milk

Educare Snack:
Corndog, Juice

Tuesday, Aug. 18

Breakfast
Cinnamon Biscuit
Assorted Cereal
Juice, Milk

Lunch
Chicken -Cheese Fajita,
Salsa, Beans and Rice

Choice of Two:
Corn, Applesauce
Tossed Salad, Fresh Fruit,
Juice
Milk

Educare Snack:
Chicken Biscuit, Juice

Wed., Aug. 19

Breakfast
French Toast Sticks, Syrup
Assorted Cereal
Juice, Milk

Lunch
Toasted Cheese Sandwich,
Yogurt, Pretzels

Choice of Two:
Applesauce,
Tossed Salad, Fruit, Juice
Milk

Educare Snack:
Turkey/Cheese Mini, Juice

Thursday, Aug. 20

Breakfast
Scrambled Egg
Assorted Cereal
Juice, Milk

Lunch
Grilled Chicken Patty,
trimmings, Bun

Choice of Two:
Green Beans, Applesauce
Tossed Salad, Fresh Fruit,
Juice
Milk

Educare Snack:
Chili Nachos, Juice

Friday, Aug. 21

Breakfast
Yogurt
Assorted Cereal
Juice, Milk

Lunch
Fish, Macaroni and Cheese,
Cornbread

Choice of Two:
Steamed Broccoli, Slaw,
Tossed Salad, Fresh Fruit,
Juice
Milk

Educare Snack:
Cereal, Milk

Monday, Aug. 24

Breakfast
Scrambled Egg
Assorted Cereal
Juice, Milk

Lunch
Breaded Chicken
Homemade WW Roll

Choice of Two:
Mashed Potatoes, Tossed
Salad, Fresh Fruit, Juice
Milk

Educare Snack:
Graham Snacks, Yogurt

Tuesday, Aug. 25

Breakfast
Cheese Toast
Assorted Cereal
Juice, Milk

Lunch
Chicken Salad Wrap,
trimmings, Frito Lay Chips

Choice of Two:
Fruited Jello, Applesauce,
Veggies/Dip, Fresh Fruit,
Juice
Milk

Educare Snack:
Cereal Treat, Milk

Wed., Aug. 26

Breakfast
French Toast Sticks , syrup
Assorted Cereal
Juice, Milk

Lunch
Pork BBQ
Bun

Choice of Two:
Slaw, Potato Rounds,
Applesauce, Tossed Salad,
Fresh Fruit, Juice
Milk

Educare Snack:
Steak Biscuit, Juice

Thursday, Aug. 27

Breakfast
Yogurt
Assorted Cereal
Juice, Milk

Lunch
Taco Salad, Salsa
Beans and Rice

Choice of Two:
Corn, Applesauce
Tossed Salad, Fresh Fruit,
Juice
Milk

Educare Snack:
Dolphin Crackers, Apple, Juice

Friday, Aug. 28

Breakfast
Pancake, blueberry sauce
Assorted Cereal
Juice, Milk

Lunch
Deli Sub, trimmings,
Frito Lay Chips

Choice of Two:
Tossed Salad,
Fresh Fruit, Juice
Milk

Educare Snack:
Cheese Stick/Marinara, Juice

Monday, Aug. 31

Breakfast
Muffin
Assorted Cereal
Juice, Milk

Lunch
Hamburger, trimmings
Bun

Choice of Two:
Potato Rounds, Applesauce
Fresh Fruit, Juice
Milk

Educare Snack:
Corndog Pups, Juice

Tuesday, Sept. 1

Breakfast
French Toast Sticks , syrup
Assorted Cereal
Juice, Milk

Lunch
Pasta with Meat Sauce,
Cheese Bread Stick

Choice of Two:
Applesauce, Tossed Salad,
Fresh Fruit, Juice
Milk

Educare Snack:
Super Trail Mix, Juice

Wed., Sept. 2

Breakfast
Steak Biscuit
Assorted Cereal
Juice, Milk

Lunch
Chicken Teriyaki
Rice, Egg Roll

Choice of Two:
Steamed Broccoli,
Applesauce, Tossed Salad,
Fresh Fruit, Juice
Milk

Educare Snack:
Cereal Bar, Milk

Thursday, Sept. 3

Breakfast
Cheese Omelet
Assorted Cereal
Juice, Milk

Lunch
Turkey and Gravy
WW Roll

Choice of Two:
Green Beans, Tossed
Salad, Fresh Fruit, Juice
Milk

Educare Snack:
Chicken Nuggets, Milk

Friday, Sept. 4

Breakfast
Cinnamon Biscuit
Assorted Cereal
Juice, Milk

Brunch for Lunch
Cheese Omelet
French Toast Sticks, syrup

Choice of Two:
Cooked Apples, Fresh
Fruit, Juice
Milk

Educare Snack:
Small Pizza, Juice

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Important!
Check Writing Procedure
Effective February 1, 2006

The School Food Service Department has an agreement with Automated Check Recovery for the recovery of all returned checks. The following information must be included on every check:

- Pre-Printed Check Number**
- Full Name**
- Current Street Address**
- Home Telephone Number**

If your bank returns your check unpaid, our bank will automatically forward the returned item to Automated Check Recovery for electronic re-resentation.

THESE CHECKS ARE NOT RETURNED TO THE SCHOOL.

Once these checks are debited from our account, we cannot accept re-payment for them. Automated Check Recovery will notify you in order to recover the face value of the check plus a state authorized recovery fee of \$30 per returned check. The face value of the check will be debited from your account electronically.

If you can prove the check was returned due to a bank error, documentation from your bank should be obtained and forwarded to Automated Check Recovery within 30 days of receipt of notification.