






RSCP
MCFI
K-8 Hot Lunch



August
2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 1 | 2 | 3 | 4 | 5 |
| 8  | 9  | 10  | 11  | 12  |
| 15 Non-WG Mac and Cheese WG Pretzel Breadstick Baby Carrots and Grape Tomatoes Seasonal Fruit Choice of Milk | 16 Cheeseburger on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit Choice of Milk | 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 Combread 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 | MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE | |



August Nutrition Tip: August 3rd 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.

Source: <https://lifeshealthysu.com/>

For more information, click the QR code!








This institution is an equal opportunity provider.

RSCP
MCFI
K-12 Cold Breakfast



August
2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 1 | 2 | 3 | 4 | 5 |
| 8  | 9  | 10  | 11  | 12  |
| 15 Whole Grain Cinnamon Toast Crunch Filled Bread Seasonal Fruit 100% Fruit Juice Choice of Milk | 16 Whole Grain Apple Cinnamon Muffin Cheese Stick Seasonal Fruit Dried Apple Chips Choice of Milk | 17 Whole Grain Mini Cinnis Seasonal Fruit 100% Fruit Juice Choice of Milk | 18 WG Banana Chocolate Chip Granola Round Seasonal Fruit Dried Strawberry Apple Chips Choice of Milk | 19 Multigrain Cheerios Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk |
| 22 Whole Grain Rice Krispies Bar Whole Grain Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk | 23 Whole Grain Triple Berry Dunker Bar Seasonal Fruit Dried Apple Chips Choice of Milk | 24 Whole Grain Cinnamon Crunchmania Seasonal Fruit 100% Fruit Juice Choice of Milk | 25 Whole Grain Honey Grahams Apple Cinnamon Spread Seasonal Fruit Dried Strawberry Apple Chips Choice of Milk | 26 WG Frosted Flakes Cheese Stick Seasonal Fruit 100% Fruit Juice Choice of Milk |
| 29 Whole Grain Golden Grahams Cereal Whole Grain Vanilla Bear Crackers Seasonal Fruit 100% Fruit Juice Choice of Milk | 30 Whole Grain Chocolate Bear Grahams Creamy Chickpea Spread Seasonal Fruit Dried Apple Chips Choice of Milk | 31 Whole Grain Cinnamon Flakes Whole Grain Animal Crackers Seasonal Fruit 100% Fruit Juice Choice of Milk | MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE | |

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