

# August 2019

## Elementary School Menu

### LUNCH

## WELCOME BACK!



Did you know....

Ketchup was sold in the 1830's as medicine.



### Monday



12

### Tuesday

**FIRST DAY BACK**

13

Fish sticks with Goldfish  
Crackers  
Pepperoni Pizza

### Wednesday

14

Chicken Nuggets  
Sliced Turkey Sandwich

### Thursday

15

Hamburger on a Bun  
Corn Dog  
Baked Beans

### Friday

16

Beef Rib Patty on Bun w/  
Doritos  
PB&J Pocket w/ String Cheese

Bean and Cheese  
Burrito w/ Special Sauce  
Soft Taco Stick  
Seasoned Corn

19

Chicken Patty  
(Regular or Spicy) on bun  
Tater Tots

20

Chicken Nuggets  
Yogurt and Sunflower Seeds  
Scooby Grahams

21

Chicken Caesar Salad/  
Croutons  
PB&J Pocket  
Brownie

22

**Breakfast for Lunch**

23

French Toast Sticks or  
Pancakes  
Sausage Patty

Breadsticks/  
Marinara Sauce Cups  
Grilled Cheese Sandwich

26

Hot Dog on Bun  
Cheese Quesadilla  
Baked Beans

27

Chicken Nuggets  
Ham and Cheese on Sub Bun  
Potato Triangle

28

Mandarin Orange  
Chicken/ Rice/ Egg Roll  
PB&J Sandwich

29

Cheese  
or  
Pepperoni Pizza

30

### Nutrition is Fun

I	N	S	X	B	E	E	F	X	P	R	Q	N	H	T	B	I	C
A	G	F	N	W	N	G	V	Y	C	S	P	R	O	U	T	S	Z
P	D	B	V	L	K	Y	F	O	C	A	O	W	C	P	Y	Q	E
P	Y	A	B	A	N	A	N	A	M	W	R	U	A	E	J	W	X
L	O	G	I	M	X	F	O	R	I	Z	H	R	V	L	D	F	A
E	Z	T	Q	R	N	V	Q	Z	L	G	X	Z	O	E	I	B	L
S	G	G	D	M	Y	M	N	D	K	A	F	S	C	T	B	A	M
Z	W	H	A	M	B	U	R	G	E	R	A	V	A	T	M	C	O
N	U	T	R	I	T	I	O	N	W	L	V	J	D	U	F	O	N
X	K	X	P	F	Y	F	G	N	K	I	V	X	O	C	I	N	D
V	C	D	N	U	X	O	U	H	S	C	G	C	H	E	M	V	I
G	C	P	Q	B	V	E	G	E	T	A	B	L	E	S	X	X	V

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

ALMOND  
APPLES  
AVOCADO  
BACON  
BANANA  
BEEF

CARROT  
DAIRY  
GARLIC  
HAMBURGER  
LETTUCE  
MILK

NUTRITION  
SPROUTS  
VEGETABLES

The USDA and the CDE are equal opportunity providers and employers.