



FSD5 Johnsonville Middle School

USDA is an equal opportunity provider. Menus are subject to change.

## Breakfast Daily

Monday/Wednesday - **Grits and Eggs**

Tuesday/Thursday - **Biscuits and Gravy**

Friday - **Breakfast Sandwich**

**Fruit and Milk Choice Available Daily**

## Lunch Daily

**Big Salad**

**Turkey Wrap**

**Fruit and Milk Choice**



## Featured Specials of the Day

### Thursday, July 31

Garlic Parm Wings  
Green Beans  
Mac n Cheese

### Friday, August 1

Cheese Pizza  
Small Salad  
Carrots w/ Ranch

### Monday, August 4

Cheeseburger  
French Fries  
Pickles

### Tuesday, August 5

Mexican Pizza or  
Chicken Empanada  
Beans, Baby Carrots, Salsa

### Wednesday, August 6

Pork Carnitas or Fried Shrimp  
Cheese Grits, Biscuit  
Mix Vegetables

### Thursday, August 7

Buffalo Wings  
Tater Tots, Green Beans  
Roll

### Friday, August 8

Pizza or Hamburger  
Corn, Carrots w/ Ranch

## Featured Specials of the Day

### Monday, August 11

Pork Chop Sandwich  
French Fries  
Cucumber Slices

### Tuesday, August 12

Beef Tacos or Walking Tacos  
Beans, Shredded Let and Tom

### Wednesday, August 13

Chicken Patty  
Mashed Potatoes, Roll  
Mix Vegetables

### Thursday, August 14

Popcorn Chicken  
Tater Tots, Cherry Tomatoes  
Roll

### Friday, August 15

Pizza or Hot Dog  
Beans  
French Fries





# Fruitful

for you & your family.



Our meals are convenient,  
economical, and healthy.  
Please join us often!

All of our complete meals are always

## NO CHARGE

for all students with no need  
to submit an application!

**Westminster School District  
Nutrition Services**



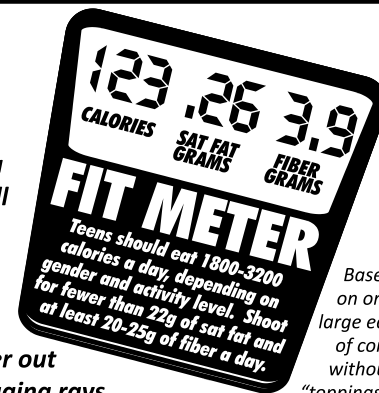
# eat fit

wanna stay fit?  
gotta eat right!



**item:** corn on the cob  
**verdict:** Aye and Eye

**tip:** "Aye" because corn on the cob is a definite "yes!" nutritionally -- full of fiber and beneficial phytonutrients. "Eye" because corn also contains anti-oxidants that help your eyes filter out some of the sun's damaging rays.



Based on one large ear of corn without "toppings."

### Featured Specials of the Day

#### Monday, August 18

Cheeseburger or Fish Sandwich  
French Fries  
Beans, Let & Tom

#### Tuesday, August 19

Mexican Pizza  
Pinto Beans  
Shredded Let and Tom

#### Wednesday, August 20

Beef Stroganoff  
Yams, Roll  
Small Salad

#### Thursday, August 21

Fried Shrimp or Chicken Caesar Wrap  
Corn  
Small Salad

#### Friday, August 22

Pizza or Ham & Cheese on Bun  
Sun Chips, Carrots

### Featured Specials of the Day

#### Monday, August 25

Chick-Filet Sandwich  
French Fries  
Let & Tom

#### Tuesday, August 26

Hard Taco or Walking Taco  
Black Beans, Shredded Let & Tom  
Salsa, Sour Cream & Cheese

#### Wednesday, August 27

Country Fried Steak  
Mashed Potatoes, Corn  
Roll

#### Thursday, August 28

Garlic Parm Wings  
Green Beans, Veggie Sticks  
Mac & Cheese

#### Friday, August 29

Pizza or Corn Dog  
French Fries  
Carrots w/ Ranch