

Menus for August 2026

Rhea County
Pre-K
Menu

This Institution is an equal opportunity provider. Menus are subject to change.



DID YOU KNOW?

There are so many apple varieties that if you were to eat an apple a day, it would take you over 27 years to try them all. (And more kinds are produced every year!)



Eating a healthy lunch gives you energy to think and play in the afternoon!

Happy Lunch!



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

WELLNESS IS A WAY OF LIFE!

**KIDS! Join us daily for
the original value meal!**

All of our complete meals are always

**NO CHARGE
for all students**

with no need to submit an
application, thanks to the
Community Eligibility Program!

★ **Grab & Go** ★

1. PB & J
2. Yogurt & Cheese Stick
3. Chicken Salad
4. Spicy Chicken Sandwich
5. Pepperoni Pizza
6. Corn Dog Nuggets
7. Pretzel
8. Salad

Wednesday, August 5

Breakfast

Waffle
Fruit
1% White Milk



**Lunch
Choice of One**
Stuffed Crust Pizza
Grab & Go #1

~~~~~  
Corn, Carrots, Fruit,  
Choice of Milk

### Thursday, August 6

#### Breakfast

Cinnamon Roll  
Fruit  
1% White Milk

**Lunch  
Choice of One**  
Chicken Nuggets  
Grab & Go #2

~~~~~  
Roll
Mashed Potatoes
Green Beans, Fruit
Choice of Milk

Friday, August 7

Breakfast

Egg & Cheese Croissant
Fruit
1% White Milk

**Lunch
Choice of One**
Hamburger
Cheeseburger
Grab & Go #3

~~~~~  
Fries, Pickle Slices  
Broccoli Cup,  
Fruit, Trimmings  
Choice of Milk

### Monday, August 10

#### Breakfast

PreK Cereal, Graham  
Juice  
1% White Milk

**Lunch  
Choice of One**  
Chicken & Waffle  
Grab & Go #1 or #4  
Scrambled Eggs  
Tater Tots, Salsa  
Baked Apples  
Choice of Milk

### Tuesday, August 11

#### Breakfast

Cherry Frudel  
Fruit  
1% White Milk

**Lunch  
Choice of One**  
Chicken Gordita  
Grab & Go #5 or #6  
~~~~~  
Corn
Garlic Roasted Potatoes
Fruit
Choice of Milk

Wednesday, August 12

Breakfast

Pancake on Stick
Juice
1% White Milk

**Lunch
Choice of One**
Fish Nuggets
Grilled Chicken Nuggets
Grab & Go #7 or #8
~~~~~  
Hush Puppies, Cole Slaw  
Pinto Beans  
Macaroni & Cheese  
Fruit  
Choice of Milk

### Thursday, August 13

#### Breakfast

PreK Cereal, Graham  
Juice  
1% White Milk

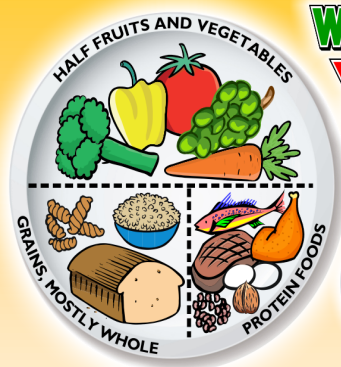
**Lunch  
Choice of One**  
Chicken Tenders  
Grab & Go #2  
~~~~~  
Roll
Mashed Potatoes
Green Beans
Fruit
Choice of Milk

Friday, August 14

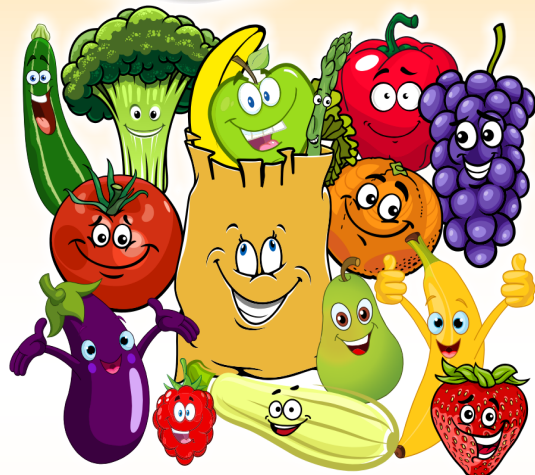
Breakfast

Sausage Biscuit
Fruit
1% White Milk

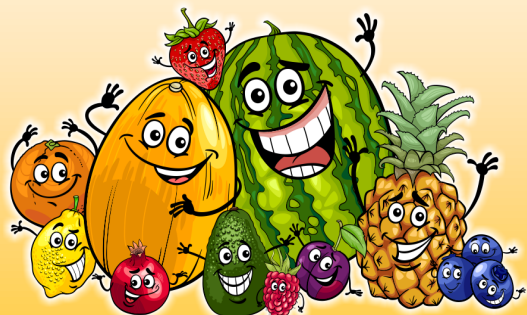
**Lunch
Choice of One**
Breaded Chicken Sandwich
& Spicy Chicken Sandwich
Grab & Go #8
~~~~~  
Pickle Slice, Broccoli Cup  
Sweet Potato Fries  
Trimmings, Fruit  
Choice of Milk



What's on  
**YOUR**  
plate?



Try to eat a  
**RAINBOW**  
of different colors!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, August 17**

**Breakfast**

French Toast Slices  
Juice  
1% White Milk

**Lunch  
Choice of One**

Mini Corndog  
Nuggets  
Grab & Go #1  
or #4



Baked Beans, Cole Slaw  
Macaroni & Cheese, Fruit  
Choice of Milk

**Tuesday, August 18**

**Breakfast**

Pancake on Stick  
Fruit  
1% White Milk

**Lunch  
Choice of One**

Cheese Pizza  
Grab & Go #5 or #6

~~~~~

Corn, Side Salad
Fruit
Choice of Milk

Wednesday, August 19

Breakfast

Chicken Biscuit
Fruit
1% White Milk



**Lunch
Choice of One**

BBQ Rib Sandwich
Grab & Go #7 or #8

~~~~~

Broccoli Cup  
Curly Fries  
Fruit  
Choice of Milk



**Thursday, August 20**

**Breakfast**

PreK Cereal, Graham  
Juice  
1% White Milk

**Lunch  
Choice of One**

Popcorn Chicken  
Grab & Go #2

~~~~~

Roll
Mashed Potatoes
Green Beans
Fruit
Choice of Milk

Friday, August 21

Breakfast

PreK Cereal & Graham
Fruit
1% White Milk

**Lunch
Choice of One**

Hamburger
Cheeseburger
Grab-N-Go #3

~~~~~

Pickle Slices,  
Carrot  
French Fries  
Trimmings, Fruit  
Choice of Milk



**Monday, August 24**

**Breakfast**

PreK Cereal, Graham  
Juice  
1% White Milk

**Lunch  
Choice of One**

Garlic Cheese Toast  
Grab & Go #1 or #4

~~~~~

Corn
Marinara
Sauce
Fruit
Choice of Milk



Tuesday, August 25

Breakfast

Cinni Minis
Fruit
1% White Milk



**Lunch
Choice of One**

Sweet Thai Chicken
Grab & Go #5 or #6

~~~~~

Fried Rice  
Steamed Carrots  
Steamed Broccoli  
Fruit  
Choice of Milk

**Wednesday, August 26**

**Breakfast**

Breakfast Pizza  
Juice  
1% White Milk

**Lunch  
Choice of One**

Walking Taco  
Grab & Go  
#7 or #8



Refried Beans  
Salsa, Corn  
Taco Trimmings, Fruit  
Choice of Milk

**Thursday, August 27**

**Breakfast**

Apple Frudel  
Fruit  
1% White Milk

**Lunch**

Drumstick  
Grab & Go #2

~~~~~

Roll
Mashed Potatoes
Green Beans
Fruit
Choice of Milk

Friday, August 28

Breakfast

Sausage Biscuit
Fruit
1% White Milk

**Lunch
Choice of One**

Breaded Chicken Sandwich
Hot & Spicy Chicken
Sandwich
Grab & Go #3

~~~~~

Pickle Slices, Fries,  
Trimmings, Fruit  
Cucumber Cup  
Choice of Milk

**Friday, August 31**

**Breakfast**

PreK Cereal, Graham  
Fruit  
1% White Milk

**Lunch  
Choice of One**

Stuffed Crust Pizza  
Toasted Cheese Sandwich  
Grab & Go #1

~~~~~

Corn, Carrots
Fruit
Choice of Milk



Rhea County School
Nutrition Program is
proud to offer LINQ
again this year. It is a
safe & secure way for
parents to make
online payments to
your student's
account. Please see
the barcodes to
access the LINQ
portal.



Google Play



App Store