

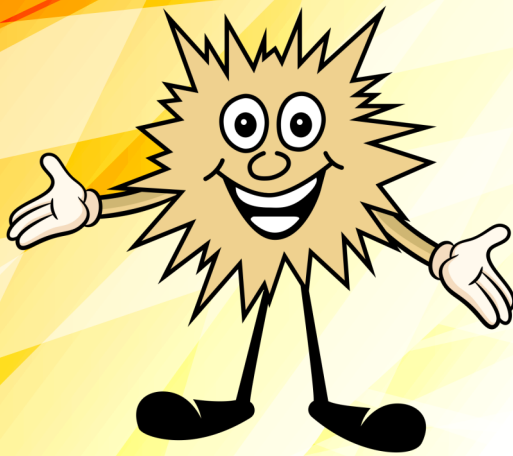
welcome back

MENUS FOR JULY & AUGUST 2025

FSD5 Johnsonville Elementary and PDCAP Headstart

USDA is an equal opportunity

**We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!**



We're proud to help keep America strong

Most folks don't know that the National School Lunch Program began in the years after World War II because so many recruits had been deferred from war-time service due to malnutrition. So serving meals at school began as a national defense strategy! School meals were good for kids, good for families – and good for our nation. And we're still here for you, day in and day out, all year long. Welcome back!!

School Meals
We serve education every day™

Thursday, July 31

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Cheeseburger
French Fries
Celery Sticks
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Friday, August 1

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Fruitful

for you & your family.



Monday, August 4

Breakfast

Mini Waffles
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Chicken Sandwich
French Fries, Lettuce and
Tomato
Fruit & Milk Choice

Tuesday, August 5

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, August 6

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Spaghetti w Meat Sauce
Green Beans
Carrots w/ Ranch
Breadsticks
Fruit & Milk Choice

Thursday, July 31

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Popcorn Chicken
Green Beans
Roll
Fruit & Milk Choice

Friday, August 1

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Hot Dog, Chili,
French Fries, Beans
Fruit & Milk Choice

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

All of our complete meals are always

NO CHARGE

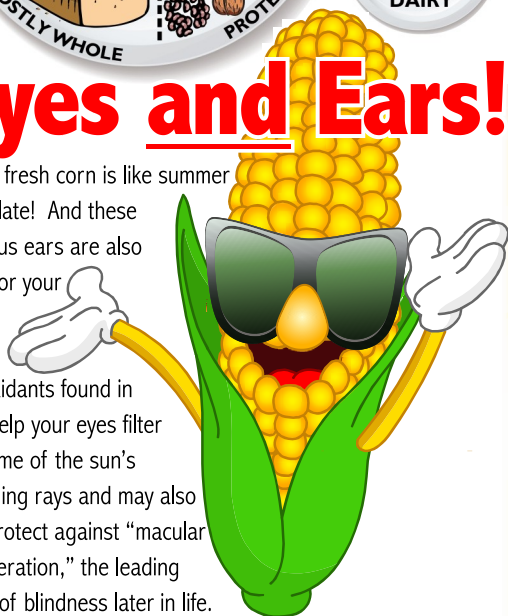
**for all students with no need
to submit an application!**



Eyes and Ears!

Sweet, fresh corn is like summer on a plate! And these delicious ears are also good for your eyes.

Two anti-oxidants found in corn help your eyes filter out some of the sun's damaging rays and may also help protect against "macular degeneration," the leading cause of blindness later in life.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Hang in there, Dawg!

They call this time of year the "dog days." It's hot. Still. You're in school. Already. Folks are a bit testy. But it won't stay this hot forever. Relief is in sight. We promise.



Monday, August 11

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Cheeseburger
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, August 12

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Beef Tacos
Pinto Beans
Let/Tom
Fruit & Milk Choice

Wednesday, August 13

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Shepherd's Pie
Mixed Vegetables
Mashed Potatoes
Roll
Fruit & Milk Choice

Thursday, August 14

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Garlic Parm Wings
Mac n Cheese, Carrots w/
Ranch, Roll
Fruit & Milk Choice

Friday, August 15

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Monday, August 18

Breakfast

Mini Waffles
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Sloppy Joes on Bun
Fries, Celery Sticks
Fruit & Milk Choice

Tuesday, August 19

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, August 20

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Beefy Macaroni
Corn
Salad w/ Ranch
Breadstick
Fruit & Milk Choice

Thursday, August 21

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Friday, August 22

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Hot Dog, Chips, Carrot w/
Ranch
Fruit & Milk Choice

Monday, August 25

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Cheeseburger
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, August 26

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Walking Taco
Black Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, August 27

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Steak & Gravy
Mashed Potatoes
Broccoli w/ Cheese
Roll
Fruit & Milk Choice

Thursday, August 28

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Teriyaki Chicken w/ Rice
Glazed Carrots,
Celery Sticks, Roll
Fruit & Milk Choice

Friday, August 29

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice