

Menus For August 2024

**Florence School District Five
and
Johnsonville PDCAP
Headstart**

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



Wednesday, July 31

Breakfast
Pancake Pup
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Hamburger
Waffle Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Thursday, August 1

Breakfast
Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
Or
Garlic Parm wings
Green Beans
Macaroni w/ Cheese
Carrots w/ Ranch
Fruit & Milk Choice

Friday, August 2

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 5

Breakfast
Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Chicken Filet Sandwich
Lettuce / Tomato / Mayo
French Fries
Fruit & Milk Choice

Tuesday, August 6

Breakfast
Mini Pancakes
Fruit, Juice, & Milk Choice

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

Wednesday, August 7

Breakfast
Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

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

Thursday, August 8

Breakfast
French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
Or
Chicken Nuggets
Yams
Green Beans
Roll
Fruit & Milk Choice

Friday, August 9

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Corn Dog
French Fries
Beans
Fruit & Milk Choice

DON'T FORGET!

Take at least **ONE**

FRUIT or VEGGIE

and at least **THREE**

items total so your meal counts as a complete lunch!

VEGETABLE

Cucumber

Why are cucumbers so "cool"?

Because they're so good for you! But don't cut off the skin -- the skin contains vitamins A, C, K, B1, B2, B3, B5, B6, Folic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc!

OF THE MONTH



YOU'RE GOOD

ALL STUDENTS EAT

ALL MEALS @ NO COST

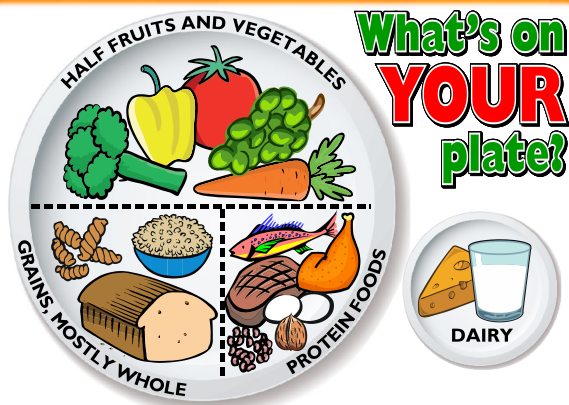
AGAIN THIS YEAR

Through
Community Eligibility Provision

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

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!



Tastes like summer!



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

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

Monday, August 12

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 13

Breakfast

Sausage Wrap
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, August 14

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

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

Thursday, August 15

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Teriyaki Chicken w/ Rice
Steam Broccoli
Glazed Carrots
Roll
Fruit & Milk Choice

Friday, August 16

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Turkey & Cheese Wrap
Chips
Lettuce / Tomato / Mayo
Carrots w/ Ranch
Fruit & Milk Choice

Monday, August 19

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Turkey n Cheese Croissant
Let/Tom
French Fries
Fruit & Milk Choice

Tuesday, August 20

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, August 21

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

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

Thursday, August 22

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Roasted Chicken
Broccoli w/ Cheese
Mashed Potatoes
Roll
Fruit & Milk Choice

Friday, August 23

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

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

Monday, August 26

Breakfast

Mini Waffles
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Rib Sandwich
Sweet Pot Fries
Broccoli w/ Cheese
Fruit & Milk Choice

Tuesday, August 27

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, August 28

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

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

Thursday, August 29

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Garlic Parm wings
Green Beans
Macaroni w/ Cheese
Carrots w/ Ranch
Fruit & Milk Choice

Friday, August 30

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

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