

# Menus For August 2023

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

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



**Tuesday, August 1**

**Breakfast**

Blueberry Muffin  
Fruit, Juice, & Milk Choice

**Lunch**

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

**Wednesday, August 2**

**Breakfast**

French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**

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

**Thursday, August 3**

**Breakfast**

Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
BREAKFAST FOR LUNCH  
Sausage  
Cheese Grits  
Sliced Tomatoes / Biscuit  
Sun Splash Juice  
Fruit & Milk Choice

**Friday, August 4**

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Turkey & Cheese Croissant  
French Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice



We're SO GLAD to see you again! It's going to be a **GREAT YEAR!**

**Monday, August 7**

**Breakfast**

Pancakes  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Chicken Nuggets  
Macaroni & Cheese  
Green Beans  
Yams  
Roll  
Fruit & Milk Choice

**Tuesday, August 8**

**Breakfast**

Sausage Wrap  
Fruit, Juice, & Milk Choice

**Lunch**

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

**Wednesday, August 9**

**Breakfast**

Pop Tart and Yogurt  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
BBQ Chicken  
Mashed Potatoes  
Broccoli w/ Cheese  
Roll  
Fruit & Milk Choice

**Thursday, August 10**

**Breakfast**

French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Taco w/ Tostitos  
Pinto Beans  
Lettuce & Tomato  
Fruit & Milk Choice

**Friday, August 11**

**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**

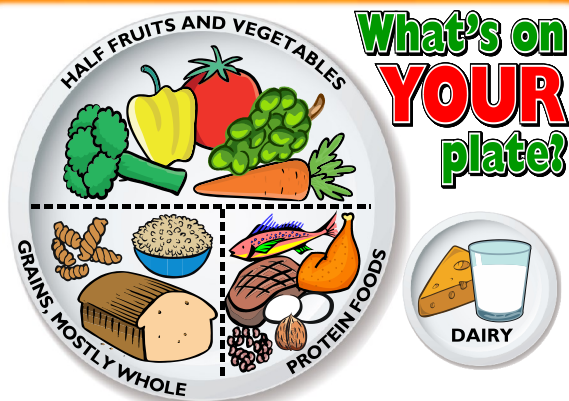
**ALL STUDENTS EAT  
ALL MEALS @ NO COST  
AGAIN THIS YEAR**

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](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 14

### Breakfast

Blueberry Muffin  
Fruit, Juice, & Milk Choice

### Lunch

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

Tuesday, August 15

### Breakfast

Pancake Pup  
Fruit, Juice, & Milk Choice

### Lunch

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

Wednesday, August 16

### Breakfast

French Toast Sticks  
Fruit, Juice, & Milk Choice

### Lunch

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

Thursday, August 17

### Breakfast

Sausage Biscuit  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
BREAKFAST FOR LUNCH  
Sausage  
Tater Tots  
Sliced Tomatoes / Biscuit  
Sun Splash Juice  
Fruit & Milk Choice

Friday, August 18

### 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 21

### Breakfast

Pancakes  
Fruit, Juice, & Milk Choice

### Lunch

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

Tuesday, August 22

### Breakfast

Sausage Wrap  
Fruit, Juice, & Milk Choice

### Lunch

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

Wednesday, August 23

### Breakfast

Pop Tart and Yogurt  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad w/ Ham  
Or  
Chicken Nuggets  
Macaroni & Cheese  
Green Beans  
Carrots w/ Ranch  
Roll  
Fruit & Milk Choice

Thursday, August 24

### Breakfast

French Toast Sticks  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
Cheeseburger  
Sweet Potato Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

Friday, August 25

### 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 28

### Breakfast

Blueberry Muffin  
Fruit, Juice, & Milk Choice

### Lunch

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

Tuesday, August 29

### Breakfast

Pancake Pup  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
Chicken Filet Sandwich  
Lettuce / Tomato / Mayo  
Waffle Fries  
Fruit & Milk Choice

Wednesday, August 30

### Breakfast

French Toast Sticks  
Fruit, Juice, & Milk Choice

### Lunch

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

Thursday, August 31

### Breakfast

Sausage Biscuit  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
BREAKFAST FOR LUNCH  
Sausage  
Cheese Grits  
Sliced Tomatoes / Biscuit  
Sun Splash Juice  
Fruit & Milk Choice



Every complete meal  
we serve comes with  
your choice of milk!