



# AUGUST | 2017

## CARROLL JR./SR. HIGH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9 M. Pancakes/Fruit/Milk  Hot Dog/Bun Sweet Potato Fries Celery Sticks Peaches Milk Choice—Salad Bar	10 Cereal Bar/String Cheese Fruit/Milk  Chicken Strips Green Beans & Baby Carrots Pineapple Bread/Butter Milk Choice—Salad Bar	11 Pancake Wrap/Fruit/Milk  Burrito/Salsa Mexican Black Beans Apple Crisp Milk Choice—Salad Bar
14 Choc. Oatmeal Bar/Yogurt Fruit/Milk  Tenderloin/Bun Cauliflower & Baby Carrots Peaches Milk Choice—Salad Bar	15 Breakfast Pizza/Fruit/Milk  Grilled Chicken/Bun Fresh Broccoli Peas Applesauce Milk Choice—Salad Bar	16 M. Pancakes/Fruit/Milk  Fish Sticks Bread/Butter Steamed Carrots & Cole Slaw Fruit Cocktail Milk Choice—Salad Bar	17 Pop Tart/String Cheese Fruit/Milk Popcorn Chicken Mashed Potatoes & Corn Gravy Red Grapes Soft Pretzel Milk Choice—Salad Bar	18 Bosco Breakfast Stick Fruit/Milk Nachos (Meat & Cheese) Refried Beans Salsa Tostidos Banana Milk Choice—Salad Bar
21 Choc. Oatmeal Bar/Yogurt Fruit/Milk  Bacon Cheeseburger/Bun French Fries & Shr. Lettuce Peaches Milk Choice—Salad Bar	22 Breakfast Pizza/Fruit/Milk  Orange Chicken Brown Rice Steamed Broccoli & Celery Mandarin Oranges Milk Choice—Salad Bar	23 M. Pancakes/Fruit/Milk  Sloppy Joe/Bun Baked Beans Fresh Cauliflower Pears Milk Choice—Salad Bar	24 Cereal Bar/String Cheese Fruit/Milk  Chicken Quesadilla/Salsa Baby Carrots Applesauce Cinnamon Roll Milk Choice—Salad Bar	25 Pancake Wrap/Fruit/Milk  Cheese Breadsticks Marinara Sauce Spinach Salad Fruit Cocktail Milk Choice—Salad Bar
28 Choc. Oatmeal Bar/Yogurt Fruit/Milk Parmesan Chicken over Spaghetti California Blend Vegetables Fresh Broccoli Peaches Milk Choice—Salad Bar	29 Breakfast Pizza/Fruit/Milk  French Toast Sausage Links Sweet Potato Cubes Cherry Tomatoes Strawberries Milk Choice—Salad Bar	30 M. Pancakes/Fruit/Milk  Pepperoni Pizza Green Beans & Celery Sticks Applesauce Cookie Milk Choice—Salad Bar	31 Pop Tart/String Cheese Fruit/Milk Chicken Bacon Wrap AuGratin Potatoes Fresh Cauliflower Fruit Cocktail Milk Choice—Salad Bar	

### News

**Please check your child's Lunch Account. Lunch Accounts are for paying by the day/week or month however it best helps the parent. Your child's account should not be used as a charge account.**

**Breakfast--\$1.25**

**Lunch--\$2.25**

**Welcome Back!!**

Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:

- ▣ Peaches, nectarines\*, cantaloupe, apricots, yellow tomatoes, carrots, yellow squash, wax beans and yellow peppers.