

August 2019

Bonifay K - 8

LUNCH



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



Nutrition Tip: August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Reference: USDA MyPlate

Monday



5

Tuesday



6

Wednesday

7

Thursday

1

Friday

2

Chicken Nuggets
Mash Potatoes
Broccoli w/ Ranch

12

Hamburger
Fries
Lettuce/Tomato

13

Beef Nacho
Tortilla
Corn
Side Salad w/ Ranch

14

Chicken Noodle
Peas & Carrots
Side Salad w/ Ranch
Roll

15

Corn Dog
Mac & Cheese
Baked Beans
Carrot Sticks w/ Ranch

16

Stuffed Crust Pizza
Side Salad w/ Ranch
Broccoli W/ Ranch

19

Chicken Sandwich
Fries
Lettuce/Tomatoes

20

Burrito
Corn
Side Salad w/ Ranch

21

Salisbury Steak
Mash Potatoes
Green Beans
Roll

22

Chicken & Waffle
Baked Beans
Carrot Sticks w/ Ranch

23

Chicken Nuggets
Mash Potatoes
Broccoli w/ Ranch

26

Hamburger
Fries
Lettuce/Tomato

27

Taco Salad
Tortilla Chips
Corn
Lettuce

28

Cherry Blossom Chicken
Oriental Rice
Side Salad w/ Ranch

29

Hot Dog
Doritos
Baked Beans
Carrot Sticks w/ Ranch

30