

# YOUNG SCHOLARS AUGUST 2016

## SCHOOL BREAKFAST MENU

### Monday

Asst. WG Cereal  
1 slice Wheat Bread & Jelly  
4oz Juice  
1/2c Fruit

### Tuesday

2 Pancakes & Syrup  
4oz Juice  
1/2c Fruit

### Wednesday

Asst. WG Cereal  
1 slice Wheat Bread & Jelly  
4oz Juice  
1/2c Fruit


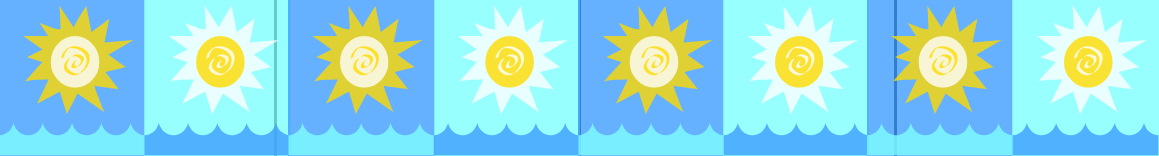

### Thursday

2 WAFFLES & Syrup  
4oz Juice  
1/2c Fruit

### Friday

Apple Turnover  
4oz Juice

All breakfast served with low fat Milk

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
 The Nutrition Group				
<h1 style="color: green; opacity: 0.5;">WELCOME BACK</h1>				
		24	25	26
		Cold Roast Beef n Cheese w/1/2c <b>Tomato &amp; Lettuce</b> on WW Bun 1 Mayo Packet 1/2c <b>Baked Beans</b> 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	Spicy Popcorn Chicken Bowl 3oz Popcorn chicken 1/2c <b>Mashed Potatoes</b> 1/2c <b>Corn</b> WW Dinner Roll Red Delicious Apple 1/2c Mixed Fruit 1/2pt FF Milk	Cold Pinwheel Pizza w/ 2oz Cheese 1/2c <b>Romaine</b> & 1/2c <b>Tomato</b> FF Ranch Dressing 1/2c Marinara Sauce Fresh Fruit 1/2c Pears 1/2pt FF Milk
29	30	31		
Chicken n Gravy over Baked Biscuit w/ 1/2c <b>Whipped Potatoes</b> 1/2c <b>Spinach Salad</b> w/ FF Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt FF Milk	Mighty Meatball Hoagie (3 meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c <b>Salad Cup</b> w/ 1 FF Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	Panini Sandwich w/ Shaved Buffalo Chicken & Provolone Cheese 1/2c <b>Tomato &amp; Lettuce</b> 1/2c <b>Baked Beans</b> 1/2c Diced Pears 1 Piece Fresh Fruit 1/2pt FF Milk		All meals include 8oz milk 



Daily Milk Choices:  
**Skim, Flavored, Fat Free, 1% White**