

# August

K-12

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
5	6	7	8	9
12	13	14	15 <ul style="list-style-type: none"> <li>• HOT french toast, turkey sausage, &amp; egg</li> <li>• cinnamon crumble</li> <li>• cinnamon chex</li> </ul>	16 <ul style="list-style-type: none"> <li>• HOT cheddar cheese omelet</li> <li>• turkey &amp; cheddar brekwich</li> <li>• corn chex w/ cinnamon goldfish grahams</li> </ul>
19 <ul style="list-style-type: none"> <li>• dipperdoodle bar</li> <li>• cinnamon chex</li> </ul>	20 <ul style="list-style-type: none"> <li>• HOT pancakes w/ syrup</li> <li>• french toast muffin</li> <li>• cheerios w/ animal crackers</li> </ul>	21 <ul style="list-style-type: none"> <li>• HOT chicken sausage &amp; cheddar bagel</li> <li>• cinnamon raisin bagel</li> <li>• corn chex w/ cinnamon goldfish grahams</li> </ul>	22 <ul style="list-style-type: none"> <li>• HOT cinnamon toast bagel</li> <li>• blueberry muffin</li> <li>• cinnamon chex</li> </ul>	23 <ul style="list-style-type: none"> <li>• HOT cornbread &amp; egg omelet</li> <li>• yogurt parfait</li> <li>• cheerios w/ educational snacks</li> </ul>
26 <ul style="list-style-type: none"> <li>• zee zee cinnamon crisp</li> <li>• cheerios w/ animal crackers</li> </ul>	27 <ul style="list-style-type: none"> <li>• HOT pancake peach bowl</li> <li>• lemon muffin</li> <li>• corn chex w/ educational snacks</li> </ul>	28 <ul style="list-style-type: none"> <li>• HOT sausage &amp; cheddar biscuit</li> <li>• plain bagel</li> <li>• cinnamon chex</li> </ul>	29 <ul style="list-style-type: none"> <li>• HOT cheese omelet w/ french toast</li> <li>• french toast muffin</li> <li>• cheerios w/ educational snacks</li> </ul>	30 <ul style="list-style-type: none"> <li>• HOT chicken sausage &amp; omelet gordita</li> <li>• blueberry bagel</li> <li>• corn chex w/ cinnamon goldfish grahams</li> </ul>

## Did you know?

Carrots aren't always orange! They can come in many colors, such as purple, yellow or even white. In fact, different colors indicate a variety of nutrients that your body needs to thrive. Carrots are an excellent source of beta-carotene, which our bodies turn into Vitamin A.



**DAIRY-FREE (DF)** and **VEGETARIAN (V)** options available daily – if not listed on the menu, available upon request.

**VEGETABLE OF THE DAY:** Carrots

**LUNCH:** choice of 1% or fat-free milk; fresh fruit available daily.