

Menus for August 2010

Grace Community Schools



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NUTRITION TO GO

Beans contain far more protein than any other plant food -- on average, 20% to 30% of the calories in beans come from protein. And beans deliver this outstanding protein pay-off in a package that's high in vitamins, minerals, and fiber, but low in calories and virtually free of fat and cholesterol!

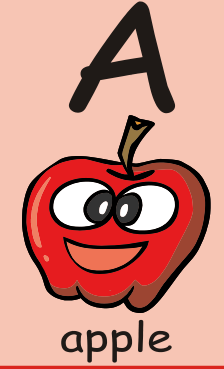
A TASTY MORSEL FOR PARENTS

Monday, August 2	Tuesday, August 3	Wednesday, August 4	Thursday, August 5	Friday, August 6
Breakfast Cereal, Apple Juice, Milk Lunch Hot Dog, Salad, Pears, Milk Snack Graham Crackers	Breakfast Graham Crackers, Apple, Yogurt, Milk Lunch Barbecue Chicken Wrap, Peaches Green Beans, Milk Snack Animal Crackers	Breakfast Cereal, Orange Juice Milk Lunch Chicken Nuggets, Applesauce, Green Beans, Milk Snack Cookies	Breakfast Bagel Peaches, Milk Lunch Spaghetti, Fruit Cocktail, Peas and Carrots, Milk Snack Pretzels	Breakfast Waffle Banana & Milk Lunch Macaroni & Cheese, Mand. Oranges, Green Beans, Milk Snack Potato Chips
Monday, August 9	Tuesday, August 10	Wednesday, August 11	Thursday, August 12	Friday, August 13
Breakfast Biscuit with Jam, Grapes, Milk Lunch Chicken Taco, Applesauce, Tossed Salad, Milk Snack Graham Crackers	Breakfast French Toast Sticks, Banana & Milk Lunch Sloppy Joe Sandwich, Mand. Oranges, Gr. Beans & Milk Snack Animal Crackers	Breakfast Croissant, Orange Juice and Milk Lunch Chicken Sand. Gr. Beans, Applesauce & Milk Snack Cookies	Breakfast Donut, Fruit Cocktail, Milk Lunch Bologna & Cheese Sand, Corn Peaches, Milk Snack Pretzels	Breakfast Cereal Orange Juice & Milk Lunch Ham, Roll, Green Beans, Fruit Cocktail, Milk Snack Potato Chips
Monday, August 16	Tuesday, August 17	Wednesday, August 18	Thursday, August 19	Friday, August 20
Breakfast Cereal, Apple Juice, Milk Lunch Hot Dog, Salad, Pears, Milk Snack Graham Crackers	Breakfast Graham Crackers, Apple, Yogurt, Milk Lunch Barbecue Chicken Wrap, Peaches Green Beans, Milk Snack Animal Crackers	Breakfast Cereal, Orange Juice Milk Lunch Chicken Nuggets, Applesauce, Green Beans, Milk Snack Cookies	Breakfast Bagel Peaches, Milk Lunch Spaghetti, Fruit Cocktail, Peas and Carrots, Milk Snack Pretzels	Breakfast Waffle Banana & Milk Lunch Macaroni & Cheese, Mand. Oranges, Green Beans, Milk Snack Potato Chips
Monday, August 23	Tuesday, August 24	Wednesday, August 25	Thursday, August 26	Friday, August 27
Breakfast Cereal & Graham Crackers w/ Yogurt Juice & Milk Lunch Pizza, Salad, Bananas, & Milk Snack Animal Crackers & Juice	Breakfast Brkfst Burrito, Cereal, Juice & Milk Lunch Turkey, Potatoes, Fruit, Breadsticks & Milk Snack Soft Pretzels & Cheese Sticks w/ water	Breakfast Cereal & Bagel w/ Cream Cheese Juice & Milk Lunch Ch. Nuggets, Peas, Applesauce & Milk Snack Chocolate Graham Crackers & Juice	Breakfast Cereal & Pancake w/ Syrup Apple & Milk Lunch Hot Dog, Salad, Pears, & Milk Snack Granola Bars & Juice	Breakfast Cereal & Biscuit, Orange & Milk Lunch Corn Dog, Gr. Beans, Frt. Cocktail & Milk Snack Cheeze Its & Juice
Monday, August 30	Tuesday, August 31	<h1>EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.</h1> <p>WELLNESS IS A WAY OF LIFE!</p> <p><i>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!</i></p>		
Breakfast Cereal & Pancake Sausage, Juice & Milk Lunch Chicken Quesadilla, Grapes & Lettuce & Milk Snack Animal Crackers & Juice	Breakfast Cereal & French Toast Sticks, Juice & Milk Lunch Ham & Cheese Sand, Peas, Oranges, & Milk Snack Soft Pretzels & Juice			

Before and After School

We offer Before and After school pick up from many of the local schools. Prices start as low as **\$45 per week!** Talk to your director

I am the letter



apple