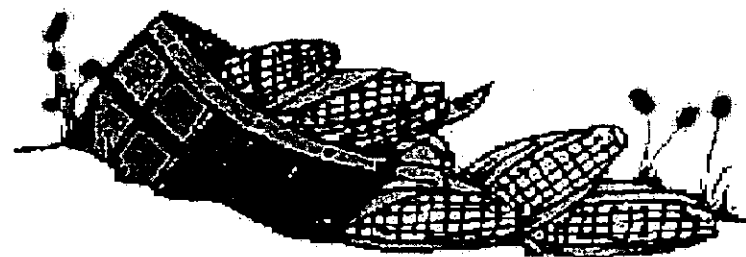


# August

BREAKFAST  
2013



| Sunday | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday | Nutrients  |
|--------|--|--|---|--|---|----------|--|
|        |  |  |   | 1  | 2   | 3        |  |
| 4      | 5  | 6  |   |  |   |          | 10   |
| 11     | 12   | 13   |   |  |   |          | 17   |
| 18     | 19   | 20   |   |  |   |          | 24   |
| 25     | 26   | 27   | 28  | 29   | 30  | 31       |  |
|        | WAFFLES<br>STRAWBERRY<br>CUP<br>FRUIT<br>JUICE, ASSORTED<br>CHOICE OF MILK | CEREAL,<br>INDIVIDUAL BOWL<br>CEREAL BAR<br>APPLE, FRESH<br>CHOICE OF MILK | EGG CHEESE &<br>SAUSAGE<br>SANDWICH<br>FRUIT<br>JUICE, ASSORTED<br>CHOICE OF MILK | BKFST TACO<br>POTATO<br>TRIANGLE<br>FRUIT<br>JUICE, ASSORTED<br>CHOICE OF MILK | FRUIT, FRESH<br>ASSORTED<br>GRANOLA BAR<br>YOGURT<br>CHOICE OF MILK |          | <b>Cal</b> 459<br><b>T.Fat</b> 12.00<br><b>G</b><br><b>S.Fat</b> 3.8 G |



NCSD IS AN EQUAL  
OPPORTUNITY PROVIDER

Menus are subject  
to change





# August

LUNCH  
2013



| Sunday | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday | Nutrients  |
|--------|---|---|---|---|--|----------|--|
|        |   |   | 1   | 2   | 3  |          |  |
| 4      | 5   | 6   | 7   | 8   | 9  | 10       |  |
| 11     | 12  | 13  |   |   |  |          |  |
| 18     | 19  | 20  | 21  | 22  | 23   | 24       |  |
| 25     | 26  | 27  | 28  | 29  | 30   | 31       |  |
|        | CHICKEN<br>SANDWICH<br>SALAD BAR<br>PEARS<br>CHOICE OF MILK | TACO SALAD<br>SALAD BAR<br>PEACHES<br>TEDDY GRAHAMS<br>CHOICE OF MILK | HAMBURGER<br>PEACHES<br>SALAD BAR<br>TATER TOTS<br>CHOICE OF MILK | PIZZA<br>SALAD BAR<br>APRICOT CUP<br>CHOICE OF MILK | BURRITO<br>SALAD BAR<br>GRAHAM<br>CRACKER<br>PEACHES<br>CHOICE OF MILK |          | <b>Cal</b> 627<br><b>T.Fat</b> 17.72<br><b>G</b><br><b>S.Fat</b> 6.1 G |



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