

August 2018

Dundy County Stratton Schools



**All Grains Offered at Whole Grain Rich
Fresh Fruit and Vegetable Bar Daily for K-12
A Variety of Lowfat and Fat Free Milk Offered
Daily**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Tuesday



Wednesday

Thursday

Friday

6

7

8

9

10

13

14

15

Hot Dog on Bun
French Fries

Turkey Sandwich

16

Walking Taco W/Churro
Fiesta Beans

Turkey Sandwich

17

Stuffed Crust Pizza
Cookie

PBJ Sandwich

20

Chicken Alfredo W/Muffin
Steamed Green Beans

Turkey Wrap

21

Sloppy Joe on Bun
Cowboy Beans

Apple Wrap

22

Popcorn Chicken Bowl
W/Biscuit

Tuna Sandwich

23

Augratin Potatoes W/Ham
Dinner Roll

Chicken Wrap

24

Pulled Pork Sandwich
Potato Salad

PBJ Sandwich

27

Hot Ham & Cheese Sandwi
Sweet Potato Fries

Ham Wrap

28

Meatloaf W/Dinner Roll
Baked Potatoes

Ham Sandwich

29

Mandarin Chicken
LoMein Noodles
Egg Roll 7-12

Ham Sandwich

30

Hamburger on Bun
French Fries

PB Apple Wrap

31

Corn Dog
Baked Beans

PBJ Sandwich