

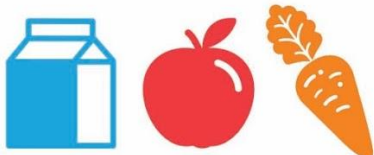
# ES August

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1 • NO SCHOOL	2 NO SCHOOL
5 • cinnamon chex	6 • french toast sticks • cheerios w/ animal crackers	7 • hot corn bread & corn omelet • corn chex/ cinnamon goldfish grahams	8 • banana muffin • cheerios/ educational snacks	9 • yogurt w/ granola • cinnamon chex
12 • cheerios w/ animal crackers	13 • blueberry muffin • corn chex w/ educational snacks	14 • plain bagel • cheerios w/ cinnamon goldfish grahams	15 • cinnamon crumble • cinnamon chex	16 • corn chex w/ cinnamon goldfish grahams
19 • cinnamon chex	20 • hot pancakes syrup • cheerios w/ animal crackers	21 • corn chex w/ cinnamon goldfish grahams	22 • blueberry muffin • cinnamon chex	23 • yogurt parfait • cheerios w/ educational snacks
26 • cheerios w/ animal crackers	27 • lemon muffin • corn chex w/ educational snacks	28 • plain bagel • cinnamon chex	29 • french toast muffin • cheerios w/ educational snacks	30 • blueberry bagel • corn chex w/ cinnamon goldfish grahams

## 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.

# ES August

# LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1 • NO SCHOOL	2 • NO SCHOOL
5 • chicken enchiladas • bbq vegan calzoni (DF)(VG) • baby carrots	6 • sunbutter & jelly • pinto beans	7 • pepperoni pizza • cheese pizza (VG) • sliced cucumber	8 • cheesy pizza bites (VG) • steamed corn	9 • hot dog (DF) • broccoli w/ ranch
12 • cheesy beef nacho dip • cheese pizza panada pie (VG) • seasoned green beans	13 • chicken bites • bean & cheese burrito (VG) • glazed carrots	14 • pepperoni pizza • cheese pizza (VG) • seasoned beans & broccoli	15 • cheeseburger • beef burger (DF) • lettuce & tomatoes	16 • hot dog (DF) • pancakes w/ omelet (VG) • steamed corn
19 • chicken taco trio • seasoned green beans	20 • mac & cheese w. chicken bites • hummus dippers (VG) • green peas	21 • pepperoni pizza • cheese pizza (VG) • carrots w/ ranch	22 • spaghetti meatballs (DF) • bbq vegan calzoni (VG)(DF) • three bean salad	23 • hot dog (DF) • cheesy ravioli • broccoli & carrot salad
26 • chicken chili tamale (DF) • chicken chili tamale (DF) • chili citrus corn	27 • cheeseburger • pasta alfredo (VG) • steamed carrots	28 • pepperoni pizza • cheese pizza (VG) • seasoned beans & corn	29 • pepper jack cheeseburger • beef burger (DF) • lettuce & tomatoes w/ ranch	30 • pancakes w/ omelet (VG) • coleslaw

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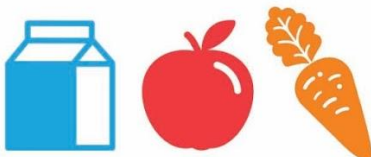
# ES August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	• NO SCHOOL 1	• NO SCHOOL 2
• NO SUPPER 5	• NO SUPPER 6	• NO SUPPER 7	• NO SUPPER 8	• NO SUPPER 9
• GNG educational snacks 12	• GNG popcorn chicken bites w/ ketchup 13	• GNG turkey & cheese cracker kit 14	• GNG cinnamon grahams, sunbutter, string cheese 15	• NO SUPPER 16
• GNG goldfish, string cheese, sun seeds 19	• GNG turkey slider 20	• GNG RF honey wheat crackers, sunbutter, string cheese 21	• GNG goldfish, sun seeds, string cheese 22	• NO SUPPER 23
• GNG educational snacks, sun seeds, string cheese 26	• GNG goldfish, string cheese, sun seeds 27	• GNG RF honey wheat crackers, sunbutter, string cheese 28	• GNG cinnamon grahams, sunbutter, string cheese 29	• NO SUPPER 30

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