

**Welcome Back!**  
Menus for August 2014



**Indian River Schools Elementary Menu**

This institution is an equal opportunity provider and employer.

**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

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!

**Still the Best Deal in Town**

<b>Breakfast</b>	<b>Lunch</b>
<b>\$1.25</b>	<b>\$2.25</b>

\*We provide free and reduced-price meals (\$.30 for breakfast, \$.40 for lunch) for eligible students. Please call your school for details.

**Monday, August 18**

**Lunch**  
**Choose One:**  
All Beef Hot Dog/WG Bun  
or  
Sloppy Nachos

**May Choose Two:**  
Sweet Potato Cross Cuts  
Baked Beans

Strawberry Applesauce Cup  
Pineapple

**Grain:** WG Hot Dog Bun, Corn Chips

**Tuesday, August 19**

**Lunch**  
**Choose One:**  
Cheese Calzonette/Marinara Sauce  
Or  
Chicken Patty on a Bun

**May Choose Two:**  
Italian Blend  
Tossed Salad  
Peach Cup  
Fresh Seasonal Fruit

**Grain:** WG Hamburger Bun

**Wednesday, August 20**

**Lunch**  
**Choose One:**  
Chicken Sliders  
Or  
Yogurt/Cheese Cold Pack

**May Choose Two:**  
Mashed Potato  
Seasoned Green Beans  
Sliced Apples  
100% Assorted Juice

**Grain:** WG Slider Rolls, WG Banana Mini Loaf

**Thursday, August 21**

**Lunch**  
**Choose One:**  
Orange Chicken  
Or  
Toasted Cheese Sandwich

**May Choose Two:**  
Spinach  
Oriental Vegetables  
Fresh Seasonal Fruit  
Pearsauce

**Grain:** Seasoned Brown Rice

**Friday, August 22**

**Lunch**  
**Choose One:**  
Cheese or Pepperoni Pizza  
Or  
Cheese Quesadilla

**May Choose Two:**  
Veggie Dippers  
Baked Okra  
Fruit Mix  
100% Assorted Juice

**Grain:** WG Pizza Dough and Quesadilla

**AVAILABLE DAILY**

1% White Milk  
FF Chocolate Milk  
FF Strawberry Milk  
Skim  
Milk Available Daily  
A la Carte—\$.50  
Assorted Condiments

Color Chart: Orange-Red/Orange Vegetable;  
Green—Dark Green Vegetable;  
Blue-Beans/Legumes

**Monday, August 25**

**Lunch**  
**Choose One:**  
Cheeseburger  
Or  
Mozzarella Sticks/Marinara Sauce

**May Choose Two:**  
Sweet Potato Wedges  
Green Beans  
Applesauce Cup  
100% Assorted Juice

**Grain:** WG Hamburger Bun

**Tuesday, August 26**

**Lunch**  
**Choose One:**  
Taco Tuesday/Taco Meat/Shredded Cheese  
Or  
Chicken Tender Wrap

**May Choose Two:**  
Corn  
Refried Beans  
Lettuce/Tomato Cup  
Fresh Seasonal Fruit  
Strawberry Kiwi Sidekick

**Grain:** WG Taco Shells, WG Loco Bread

**Wednesday, August 27**

**Lunch**  
**Choose One:**  
Corn Dog Or  
Goldfish Treasure Pack-Sliced Turkey/Cheese on Goldfish Bread

**May Choose Two:**  
Baby Carrots  
Mixed Vegetables  
Apple Slices  
Pearsauce

**Grain:** WG Goldfish Bread/Goldfish Crackers

**Thursday, August 28**

**Lunch**  
**Choose One:**  
Chicken Nuggets  
Or  
BBQ Pork on a Bun

**May Choose Two:**  
Deli Roaster Potatoes  
Breaded Okra  
Fresh Seasonal Fruit  
Mixed Fruit

**Grain:** WG Hamburger Bun, WG Corn Muffin

**Monday, August 29**

**Lunch**  
**Choose One:**  
Cheese or Pepperoni Pizza  
Or  
Extreme Buritto

**May Choose Two:**  
Steamed Broccoli  
Tossed Salad  
Craisins  
100% Grape Juice

**Grain:** WG Pizza Dough

**NUTRITION TOGO**

**Kids generally will eat yogurt, but most of the types made especially for them are loaded with added sugar – 10 or 20 grams in most 4-6 ounce servings (not counting the naturally occurring milk sugar, or lactose). Try sweetening plain, lowfat yogurt with fresh blueberries or other fruit, and that way all of the sugar will be added only by nature!**

**A TASTY MORSEL FOR PARENTS**