

AUGUST

LEARN

mumford

Fuel for the School Year

A choice of milk will be offered every day.

New year, fresh start.
Let's make it a good one.

- A solid lunch helps you focus and stay energized
- Protein powers you through the last period
- Fruits and veggies actually do help you feel better

Pro tips:

- Drink water
- Don't skip meals
- Try something new from the menu

You bring the goals. We'll bring the fuel. Let's go!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 WELCOME BACK!	12 Beef or Chicken Nachos Refried Beans Spanish Rice Homemade Salsa Tossed Salad Orange Smiles	13 Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup	14 Chicken Alfredo or Choice of Pizza Garlic Bread Garden Fresh Salad Seasoned Vegetables Fruit Dessert	15 Specialty Burger with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
18 Asian Bowl with Fried Rice or Popcorn Chicken Seasoned Vegetables Glazed Carrots Fruit Salad	19 Soft or Crispy Tacos Pinto Beans Spanish Rice Homemade Salsa Shredded Lettuce Chopped Tomatoes Fruit Cup	20 Chicken & Waffles or Chicken Strips with Hot Roll Mashed Potatoes Steamed Vegetables Berries & Cream	21 Chicken Spaghetti with Breadstick or Choice of Pizza Seasoned Green Beans Garden Fresh Salad Strawberry Apple Sauce	22 Bacon Cheese Burger or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
25 Stuffed Baked Potato with Hot Roll or Cheese Sticks with Marinara Sauce Macaroni & Cheese Steamed Broccoli Carrot Dippers	26 Quesadillas or Crispito Spanish Rice Pinto Beans Garden Fresh Salad Homemade Salsa Fruit Cup	27 Country Bowl or Country Bucket Hot Roll Carrot Dippers Fruit Cup	28 Spaghetti with Meat Sauce or Specialty Pizza Garlic Bread Steamed Vegetable Garden Fresh Salad Fruit Dessert	29 Chicken Sandwich or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of 8/11 & 8/25	Breakfast Pizza	Eggs & Bacon w/ Toast	Pig in a Blanket	Biscuits & Gravy	Pancake Wrap
Week of 8/18	Waffles	Eggs w/ Sausage & Toast	Breakfast on Bun	Banana Bread	Breakfast Taco

This institution is an equal opportunity provider.