



# AUGUST 2010

## Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
Hot Oatmeal Banana Raisins Choice of Milk	Cottage Cheese Wheat Toast Diced Peaches Choice of Milk	French Toast Sticks with Syrup Turkey Ham 100% Grape Juice Choice of Milk	Assorted Ready to Eat Cereal Graham Crackers Fresh Orange Slices Choice of Milk	Warm Bagel with Cream Cheese Yogurt 100% Apple Juice Choice of Milk
30	31	<b>Free &amp; Reduced Priced Meal Applications are available in the school office.</b> August breakfast cost (for all days) = \$2.10 (reduced); \$10.50 (full pay) August lunch cost (for all days) = \$2.80 (reduced); \$19.25 (full pay) August meal cost (breakfast & lunch for all days) = \$4.90 (reduced); \$29.75 (full pay)		
Pancakes & Turkey Sausage On A Stick 100% Fruit Juice Choice of Milk	Super Donut Banana 100% Orange Juice Choice of Milk			



Power Panther says, "Power Up with a nutritious breakfast!"

### Meal Prices

**Breakfast:**  
 Reduced: \$0.30  
 Full Pay: \$1.50

**Lunch:**  
 Reduced: \$0.40  
 Full Pay: \$2.75

A variety of milk choices are offered daily.

2% White  
 1% Chocolate  
 Skim  
 Strawberry

**Non-discrimination Statement:** This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

# AUGUST 2010

## Lunch



Power Panther says, " Eat good, play hard, everyday, all day."

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
Chicken Nuggets with BBQ Sauce Crinkle Carrots Fresh Orange Slices Wheat Roll Choice of Milk	Beef Meat Sauce Wheat Pasta Green Beans Garlic Bread Apple Slices Choice of Milk	Rotisserie Chicken Wheat Bun Lettuce, Tomato, Pickle Baked Sweet Potato Fries Grapes Choice of Milk	Beef Chili with Salsa Cheese Shredded Lettuce Nacho Chips Applesauce Choice of Milk	Cheese Pizza Wheat Crust Tossed Salad with Dressing Fresh Orange Slices 100% Fruit Juice Pops Choice of Milk
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Mac & Cheese Casserole Green Beans Coleslaw Apple Slices Wheat Roll Choice of Milk	Cheeseburger on Wheat Bun Lettuce & Tomato Baked Potato Wedges Celery Sticks w/ Ranch Dip Fruit Juice Choice of Milk			

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# AUGUST 2010

## Snack



Power Panther says, " Eat good, play hard, everyday, all day."

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
Apple Slices Low Fat Caramel Dip 100% Fruit Punch Juice	Graham Crackers 100% Orange Juice	Granola Bar 100% Grape Juice	Baked Chex Mix Yogurt Smoothie	Vanilla Wafers 100% Fruit Punch Juice
30	31	<b>Free &amp; Reduced Priced Meal Applications are available in the school office.</b>		
Pretzel Rods Raisins 100% Pineapple Juice	Cheese Cubes 100% Fruit Punch Juice			

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