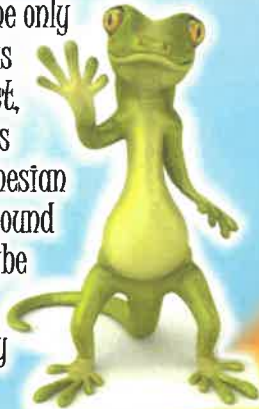


# 1 AND ONLY!

The gecko is the only lizard that has a voice. In fact, its name comes from the Indonesian word for the sound it makes. Maybe that's why it's on so many commercials!



Now serving: Protein, Calcium and ... FIBER?!



**F**lavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes just 14 g of added sugar – that's about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.

**N**o wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids – and a fairly minimal source of sugar and calories.

**Monday, August 15**  
**Breakfast**  
 Breakfast Taco, Salsa, Asst. Juice, Grapes  
 Choice of Milk  
**Lunch**  
 Native Taco w/ Fry Bread  
 Shred Lettuce, Tomato Salsa  
 Mixed Berries  
 Fresh Fruit  
 Choice of Milk  
 (Alternate Choice @ MS, HS)

**Tuesday, August 16**  
**Breakfast**  
 Pancake, Syrup, Sausage Patty, Applesauce, Choice of Milk  
**Lunch**  
 Chicken Nachos  
 Romaine Salad  
 Celery Sticks  
 Fruit Mix  
 Fresh Fruit  
 Choice of Milk  
 (Alternate Choice @ MS, HS)

**Wednesday, August 17**  
**Breakfast**  
 Asst. Cold Cereal, Banana Muffin, Asst. Juice, Slice Apples, Choice of Milk  
**Lunch**  
 Chicken Sandwich  
 Gr Leaf/Tomato Cole Slaw  
 Steamed Carrots  
 Sliced Peaches  
 Choice of Milk  
 (Alternate Choice @ MS, HS)

**Thursday, August 18**  
**Breakfast**  
 Scrambled Eggs w/ Sausage, WG Toast, Asst. Juice, Apple, Choice of Milk  
**Lunch**  
 Beef Stew  
 WG Cornbread  
 Fresh Broccoli  
 Fresh Orange  
 Choice of Milk  
 (Alternate Choice @ MS, HS)

**Friday, August 19**  
**Breakfast**  
 Breakfast Muffin, Asst. Yogurt, Diced Peaches, Fresh Banana, Choice of Milk  
**Lunch**  
 Spaghetti Noodles w/Meat Sauce  
 Romaine Salad  
 WG Bread Stick  
 Fresh Fruit  
 Choice of Milk  
 (Alternate Choice @ MS, HS)

**Monday, August 22**  
**Breakfast**  
 WG Biscuit, Egg Patty, Slice Cheese, Asst. Juice, Fresh Peaches  
 Choice of Milk  
**Lunch**  
 Gr. Chili Chicken Soup  
 WG Tortilla Chips  
 Spanish Rice  
 Green Beans  
 Fresh Peaches  
 Choice of Milk  
 (Alternate Choice @ MS, HS)

**Tuesday, August 23**  
**Breakfast**  
 Hot or Cold Cereal, WG Toast, Jelly, Apple Slices, Asst. Juice  
 Choice of Milk  
**Lunch**  
 Ham Deli Sandwich  
 Green Leaf, Tomato Coleslaw  
 Carrot Sticks  
 Fresh Pears  
 Choice of Milk  
 (Alternate Choice @ M/S, H/S)

**Wednesday, August 24**  
**Breakfast**  
 Breakfast Burrito, Salsa, Assorted Juice, Fresh Banana, Choice of Milk  
**Lunch**  
 Bean Burrito  
 Mexicali Corn  
 Romaine Salad  
 Fresh Fruit  
 Salsa  
 Choice of Milk  
 (Alternate Choice @ M/S, H/S)

**Thursday, August 25**  
**Breakfast**  
 Breakfast Pizza, Cheese Stick, Fresh Fruit  
 Choice of Milk  
**Lunch**  
 Chicken Nuggets  
 Dinner Roll  
 Mixed Vegetables  
 Carrot Sticks  
 Applesauce  
 Assorted Milk  
 (Alternate Choice @ M/S, H/S)

**Friday, August 26**  
**Breakfast**  
 Cinnamon French Toast, Syrup, Fresh Oranges, Grapes, Choice of Milk  
**Lunch**  
 Sloppy Joe  
 French Fries  
 Baby Carrot  
 Baked Beans  
 Fruit Mix  
 Assorted Milk  
 (Alternate Choice @ M/S, H/S)

**Monday, August 29**  
**Breakfast**  
 PB & Jelly Sand. OR Hot Cereal, Asst. Juice, Banana, Assorted Milk  
**Lunch**  
 Pepperoni Pizza  
 Romaine Salad  
 Celery Sticks  
 Ranch Dressing  
 Strawberries/Peaches  
 Choice of Milk  
 (Alternate Choice @ MS, HS)

**Tuesday, August 30**  
**Breakfast**  
 Western omelet  
 Quesadilla, Salsa, Fresh Pears, Apple, Assorted Milk  
**Lunch**  
 Grill Ham & Cheese  
 French Fries  
 Carrot & Celery Sticks  
 Cinnamon Apple Slices  
 Fresh Fruit  
 Choice of Milk  
 (Alternate Choice @ MS, HS)

**Wednesday, August 31**  
**Breakfast**  
 WG Bagel, Cream Cheese, Sausage Patty  
 Asst. Juice, Orange, Assorted Milk  
**Lunch**  
 Chicken Fajitas  
 Shred Lettuce, Tomato  
 Spanish Rice  
 Refried Beans  
 Fresh Apple  
 Choice of Milk  
 (Alternate Choice @ MS, HS)

**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!*