

# August 2019

## St. Peter School



St. Peter School, Quincy IL



**Nutrition Tip:** August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Reference: USDA MyPlate

### Monday



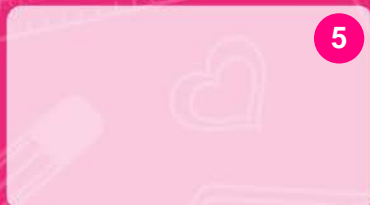
### Tuesday



### Wednesday

### Thursday

### Friday



Welcome Back!

Cold cereal/milk  
Funnel Cake/ Veggy Juice  
Hard Boiled Egg  
Banana

Cheese Pizza  
Tossed Spinach Salad  
Tropical Fruit  
Sherbet Cup

Cheesy Taco Bake  
Cowboy Corn  
Side Kick Juice  
Pears/Cookie

Chicken Nuggets  
Mashed Tators/Gravy  
Buttered Corn  
Mixed Fruit  
Dinner Roll

Sloppy Joe/Bun  
French Fries  
Carrot Stix /Dip  
Melon Cup

Waffles/Syrup/Sausage  
Peaches and Cream  
Side Kick Juice

Mini Corn Dog  
Baked Beans  
Veggy Boat/Dressing  
Orange Slices

Pasta with Meat Sauce  
Toss Salad /Dressing  
Garlic Bread  
Frozen Fruit Cup

Tenderloin / Bun  
Sweet Tator Fries  
Green Beans  
Grapes

Sweet/Sour Chicken  
Veggy Rice  
Pineapple Tidbits  
Egg Roll/Fortune Cookie

Cheesy Scrambled Eggs  
with Bacon Bits  
Hash Rounds  
Warm Apple Slices  
Doughnut Hole/Juice