


AUGUST 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2					7
8	9					14
15	16					21
22	23	24	25 Mini Waffles w/Syrup Fresh Pineapple Fruit Juice Milk	26 Star Spangled Pancakes Sausage Patty Mandarin Oranges Fruit Juice Milk	27	28
29 Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Milk	30 Biscuit & Sausage Sandwich Banana Fruit Juice Milk	31 Scrumptious Coffeecake Peaches Fruit Juice Milk				
This institution is an equal opportunity provider.		NOTES: Have a mini-meal. Breakfast or lunch foods can make a good snack. You could serve oatmeal with raisins and nuts or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little tomato sauce, shredded low-fat mozzarella cheese and vegetables (sliced mushrooms, chopped onions), and bake until the cheese melts.				

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