<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Chicken Nuggets</td>
<td>*Hot Dog/Chips</td>
<td>*Beef Nachos</td>
<td>*Pepperoni Pizza</td>
<td>*Beef Gravy w/ Mashed Potatoes/ Roll</td>
</tr>
<tr>
<td>*Burrito Fritas Veggie Fruit Milk</td>
<td>*Burrito Veggie Fruit Milk</td>
<td>*Beef Nachos *Hot Dog/Chips Veggie Fruit Milk</td>
<td>*Pepperoni Pizza *PB&amp;J/Chips Veggie Fruit Milk</td>
<td>*Beef Gravy w/ Mashed Potatoes/ Roll</td>
</tr>
<tr>
<td>*Chicken Patty Sandwich</td>
<td>*Burrito Fritas Veggie Fruit Milk</td>
<td>*Chicken Nuggets *Com Dog/Chips Veggie Fruit Milk</td>
<td>*Turkey Cheese Sandwich/Chips Veggie Fruit Milk</td>
<td>*Turkey Cheese Sandwich/Chips Veggie Fruit Milk</td>
</tr>
<tr>
<td>*Hamburger/ Cheeseburger *Grilled Cheese Sandwich Veggie Fruit Milk</td>
<td>*Chicken Alfredo *Burrito Veggie Fruit Milk</td>
<td>*Cheese Pizza *PB&amp;J Chips Veggie Fruit Milk</td>
<td>*Beefy Nachos *Com Dog Veggie Fruit Milk</td>
<td>*Beefy Nachos *Com Dog Veggie Fruit Milk</td>
</tr>
<tr>
<td>*Chicken Nuggets *Hot Dog Chips Veggie Fruit Milk</td>
<td>*Italian Dunkers w/Tomato Sauce *PB&amp;J/Chips Veggie Fruit Milk</td>
<td>*Beefy Nachos *Com Dog Veggie Fruit Milk</td>
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This institution is an equal opportunity provider.
The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S. Known as “The Big 8,” these foods include: milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soy. Although these are the most commonly allergenic foods, more than 160 different foods have been indicated in food allergy reactions. 

Any food can cause anaphylaxis, a potentially life-threatening reaction to food allergens. Avoidance of the offending food is recommended to prevent potentially life-threatening reactions by those with food allergies. For this reason, it is important to communicate food allergy concerns with your school team. Please reach out to both your school nurse and school foodservice director to coordinate a meeting to discuss any special dietary needs required for school meals.

For more information on food allergies, consider reviewing the resources below:

1. U.S. Food & Drug Administration Website.

2. Food Allergy Research & Education.
Information available at https://www.foodallergy.org/.

BREAKFAST MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
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</tr>
</thead>
<tbody>
<tr>
<td>*Biscuit &amp; Jam Sausage Patty Fruit Milk</td>
<td>*Breakfast Pizza *Cereal &amp; Toast Fruit Milk</td>
<td>*Waffles *Cereal &amp; Toast Fruit Milk</td>
<td>*Cheesy Scrambled Eggs *Cereal &amp; Toast Fruit Milk</td>
<td>*Bagler *Cereal &amp; Toast Fruit Milk</td>
</tr>
<tr>
<td>*French Toast Stiks. *Cereal &amp; Toast Fruit Milk</td>
<td>*Breakfast Pizza *Cereal &amp; Toast Fruit Milk</td>
<td>*Muffin *Cereal &amp; Toast Fruit Milk</td>
<td>*Biscuit &amp; Jam Bacon *Cereal &amp; Toast Fruit Milk</td>
<td>*Pancake on a Stick *Cereal &amp; Toast Fruit Milk</td>
</tr>
<tr>
<td>*Bacon &amp; Cheese Sandwich *Cereal &amp; Toast Fruit Milk</td>
<td>*Breakfast Pizza *Cereal &amp; Toast Fruit Milk</td>
<td>*Muffin *Cereal &amp; Toast Fruit Milk</td>
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Meal Prices for August
13 days
Month Totals
Full Pay Breakfast $16.90 Reduced Pay Breakfast $3.90
Full Pay Lunch $24.70 Reduced Pay Lunch $5.20

Nutrition Information is available upon request.

Fresh Pick Recipe

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ½ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.