

Menus for August 2016

City Schools of Decatur K-5



**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!

Monday, August 1

Breakfast

Assorted Cereals
Toast, Fruit & Milk

Lunch

Chicken Nuggets
Real Mashed Potatoes
Roasted Red Potatoes (FAVE only)
Seasoned Green Beans
WG Dinner Roll
Frozen Juice Bar
Mixed Fruit
Choice of Milk

Tuesday, August 2

Breakfast

Apple OJ Smoothie
Toast, Fruit & Milk

Lunch

Cheese Pizza
Romaine Salad
Buttered Corn
Green Grapes
Choice of Milk

LEAN AND GREEN DAY

Wednesday, August 3

Breakfast

Sausage Biscuit
Toast, Fruit & Milk

Lunch

Tempting Teriyaki Chicken
Steamed Brown Rice
Fried Rice (FAVE only)
Roasted Broccoli & Carrots
Strawberries
w/ Whipped Cream
Choice of Milk

Thursday, August 4

Breakfast

WG French Toast
Toast, Fruit & Milk

Lunch

Beef or Cheese Nachos
Lettuce, Tomato, Guacamole,
Salsa, Sour Cream)
Cuban Black Beans
Watermelon
Choice of Milk

Friday, August 5

Breakfast

Bacon, Scrambled Eggs and
WG Grits
Toast, Fruit & Milk

Lunch

Fish Sandwich (w/ Lettuce/
Tomato)
Green Peas
Sweet Potato Fries
Fresh Peach
Sugar Cookie
Choice of Milk

WEEKLY LUNCH SALADS & VEGETARIAN OPTION

8/1-8/5: Salad: Turkey Chef, Bean Burrito

8/8-8/12: Salad Bar: Buffalo Chicken,
Bean Burrito

8/15-8/19: Salad: Tuna,
Bean Burrito

8/22-8/26: Salad: Turkey Chef, Bean Burrito

8/29-8/31: Salad: Buffalo Chicken, Bean Burrito

DAILY CHOICES ALWAYS AVAILABLE

LUNCH: PB & Honey Sandwich (WG),
Gluten-Free Hummus Plate,
Milk Options: 1%, Skim, or

Fat-Free Tru Moo Chocolate Milk

BREAKFAST: Cereal, Toast, Fruit (includes dried cranberries and various fresh fruits) or Juice and Milk (1% or Skim)

WEDNESDAY: Chips & Salsa Box

MEAL PRICES

Breakfast: Reduced \$0.30, Full \$1.25

Lunch: Reduced \$0.40, Full \$2.50

Monday, August 8

Breakfast

WG Cinnamon Roll
Toast, Fruit & Milk

Lunch

WG Caesar Chicken Wrap
Sautéed Edamame
French Fries
Sliced Peaches
Choice of Milk

Tuesday, August 9

Breakfast

Berry Parfait
Toast, Fruit & Milk

Lunch

Mac-N-Cheese
Black-eyed Peas
Sautéed Zucchini & Yellow Squash
Watermelon
Choice of Milk

LEAN AND GREEN DAY

Wednesday, August 10

Breakfast

WG Pancakes w/ Syrup
Toast, Fruit & Milk

Lunch

Baked Chicken
Roasted Sweet Potato
Parmesan Broccoli
WG Dinner Roll
Fresh Berries
Choice of Milk

Thursday, August 11

Breakfast

Chicken Biscuit
Toast, Fruit & Milk

Lunch

Beef and/or Cheese Taco
Lettuce, Tomato, Guacamole,
Salsa, Sour Cream
Seasoned Black Beans
Mexican Rice
Pineapple Tidbits
Choice of Milk

Friday, August 12

Breakfast

Scrambled Eggs,
Buttered Toast
Toast, Fruit & Milk

Lunch

Hot Dog
Cole Slaw
Baked Beans
Raw Veggies w/ Dip
(Cherry Tomatoes - F2S)
Peach
Choice of Milk

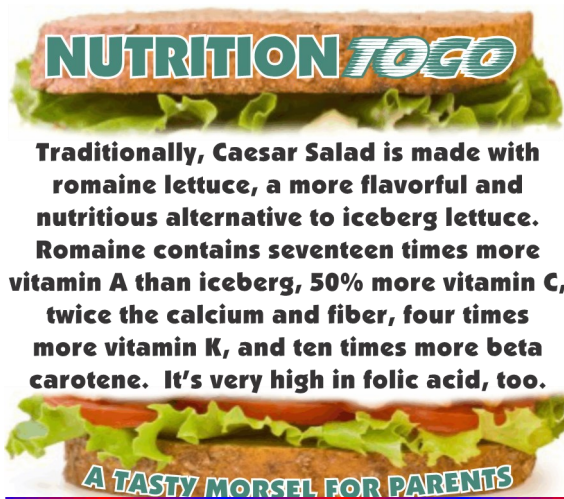
Still the best deal in town!

Breakfast Lunch

\$1.25 \$2.50

Get in touch with us today to learn more about Our nutrition program:


www.facebook.com/CSDschoolnutrition




Traditionally, Caesar Salad is made with romaine lettuce, a more flavorful and nutritious alternative to iceberg lettuce. Romaine contains seventeen times more vitamin A than iceberg, 50% more vitamin C, twice the calcium and fiber, four times more vitamin K, and ten times more beta carotene. It's very high in folic acid, too.

★ OUR NATION'S HISTORY ★

Before Benedict Arnold betrayed his young country and became the most infamous traitor in our history, he was among the greatest American soldiers of the Revolutionary War. But by the time he was named commander of the key fort at West Point, New York in the summer of 1780, he had already been secretly collaborating with the British enemy for more than a year.



★ WITH LIBERTY & JUSTICE FOR ALL ★



F2S

Our Farm to School (F2S) produce of the month is the mighty tomato!

FUN FACTS ABOUT TOMATOES:

- Because the tomato has seeds and grows from a flowering plant, it is classed as a fruit not a vegetable.
- Tomatoes are full of Vitamin A, which is good for your skin and eyes. Did you know cooking helps release more of this vitamin from the tomato than eating it raw?

Monday, August 15

Breakfast
WG Blueberry Muffin
Toast, Fruit & Milk

Lunch
Fish Nuggets w/
Cilantro Lime Sauce
Steamed Brown Rice
Sautéed Edamame & Carrots
Sliced Peaches
Choice of Milk

Tuesday, August 16

Breakfast
Grape Ape Smoothie
Toast, Fruit & Milk

Lunch
Brunch for Lunch:
Scrambled Eggs w/ Cheese
Waffle Bar (Fresh Berries,
Syrup, Chocolate Chips,
Whipped Cream)
Hashbrowns
Spinach Salad
Watermelon
Choice of Milk

LEAN AND GREEN DAY

Wednesday, August 17

Breakfast
Bacon & Tomato Biscuit
Toast, Fruit & Milk

Lunch
Spaghetti (Beef or Marinara)
Seasoned Green Beans
WG Breadstick
Romaine Salad w/ Veggies
Blueberries
Choice of Milk

Thursday, August 18

Breakfast
Oatmeal Bar (w/ brown sugar,
butter, strawberries, and/or
chocolate chips)
Toast, Fruit & Milk

Lunch
Chicken Fajitas
Lettuce, Guacamole,
House Made Salsa (F2S), Sour
Cream
Spicy Pinto Beans
Strawberries
Choice of Milk

Friday, August 19

Breakfast
English Muffin Egg Sandwich
Toast, Fruit & Milk

Lunch
Hamburger w/ Cheese,
Lettuce, Tomato, Pickle
Ranch Potato Wedges
Steamed Broccoli Florets
Apples
Choice of Milk

Monday, August 22

Breakfast
Assorted Cereals
Toast, Fruit & Milk

Lunch
Chicken Nuggets
Roasted Red Potatoes
Seasoned Green Beans
WG Dinner Roll
Cinnamon Apple Slices
Choice of Milk

Tuesday, August 23

Breakfast
Apple OJ Smoothie
Toast, Fruit & Milk

Lunch
Cheese Pizza
Romaine Salad
Buttered Corn
Green Grapes
Choice of Milk

LEAN AND GREEN DAY

Wednesday, August 24

Breakfast
Sausage Biscuit
Toast, Fruit & Milk

Lunch
Tempting Teriyaki Chicken
Fried Rice
Roasted Broccoli & Carrots
Strawberries
w/ Whipped Cream
Choice of Milk

Thursday, August 25

Breakfast
WG French Toast
Toast, Fruit & Milk

Lunch
Beef or Cheese Nachos
Lettuce, Tomato, Guacamole,
Salsa, Sour Cream)
Cuban Black Beans
Watermelon
Choice of Milk

Friday, August 26

Breakfast
Bacon, Scrambled Eggs and
WG Grits
Toast, Fruit & Milk

Lunch
Fish Sandwich (w/ Lettuce/
Tomato)
Green Peas
Sweet Potato Fries
Fresh Fruit
Sugar Cookie
Choice of Milk

Monday, August 29

Breakfast
WG Cinnamon Roll
Toast, Fruit & Milk

Lunch
WG Caesar Chicken Wrap
Sautéed Edamame
French Fries
Sliced Peaches
Choice of Milk

Tuesday, August 30

Breakfast
Berry Parfait
Toast, Fruit & Milk

Lunch
Mac-N-Cheese
Black-eyed Peas
Sautéed Zucchini & Yellow
Squash
Watermelon
Choice of Milk

LEAN AND GREEN DAY

Wednesday, August 31

Breakfast
WG Pancakes w/ Syrup
Toast, Fruit & Milk

Lunch
Baked Chicken
Roasted Sweet Potato
Parmesan Broccoli
WG Dinner Roll
Fresh Berries
Choice of Milk