

# August 2020

## Belle Plaine CSD

### LUNCH



**This institution is an equal opportunity provider.**

Our Breakfast menu includes fruit, fruit juice & milk daily. Breakfast entrees listed at the bottom of the daily menu.



**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 and clean up together!



Reference: USDA MyPlate

#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday

3

4

5

6

7

10

11

12

13

14

17

18

19

20

21

24

Stuffed Crust Pizza  
Green Beans, carrot sticks,  
Applesauce, 6-12 Garlic Stick  
Milk

Cereal Bar & Yogurt

25

Beef burgers/ American Che  
Slice/ WG Bun  
Potato Puffs, Steamed Broccoli,  
Peaches, 9-12 Fritos, Milk

Cini Mini's

26

Lasagna Roll Ups  
Corn, Celery Sticks,  
Pears, 9-12 Garlic Texas toast,  
Milk

Cereal & Pop tarts

27

Popcorn Chicken  
Mashed Potatoes, steamed Carrots,  
Banana, Oriental Roll  
Milk

Blueberry Waffles

28

Walking Taco  
Refried Beans, Romaine Lettuce  
Tomatoes, Strawberries & Bananas  
9-12 Dinner Roll, Milk

Long John

31

Pork Fritter/ WG Bun  
Potato Wedges, Corn,  
Orange Slices, 9-12 Sun Chips  
Milk

Strawberry Bagel Bites.

