

# August 2016

## Central R-III School District

### LUNCH



**School Information:** Lunch includes a serving of fruit plus a variety of milk.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

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Nachos Supreme  
Spicy Pinto Beans

Pepperoni Calzonettes  
Marinara Sauce  
Steamed Carrots

Chicken Nuggets **22**  
Mac & Cheese  
Peas & Carrots

Cavatini **23**  
Steamed Green Beans

Sausage & Egg **24**  
Biscuit  
Tater Puffs  
Calypso Crush Juice

Corn Dogs **25**  
Baked Beans  
Celery Sticks

French Bread Pizza **26**  
Garden Salad

Pulled Pork Nachos **29**  
Salsa  
Refried Beans

Tater Tot Casserole **30**  
Dinner Roll  
Spinach Salad

BBQ Teriyaki **31**  
Chicken over  
Veggie Fried Rice  
Oriental Vegetables

