



THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER



Nutrition Tip: Eat Breakfast! Several studies suggest that eating breakfast may help children do better in school.
Reference: IFIC, Wake Up to the Benefits of Breakfast, 2009.

Monday

Tuesday

Wednesday

Thursday

Friday

3

4

5

6

7

10

11

12

13
WG CEREAL
WG TOAST
FRUIT
JUICE
MILK

14
WG CEREAL
WG POPTART
FRUIT
JUICE
MILK

17
WG CEREAL
WG TOAST
FRUIT
JUICE
MILK

18
HAM & CHEESE TACO
FRUIT
JUICE
MLK

19
FRENCH TOAST STIX
FRUIT
JUICE
MILK

20
BREAKFAST PIZZA
FRUIT
JUICE
MILK

21
WG CEREAL
WG POPTART
FRUIT
JUICE
MILK

24
WG CEREAL
WG TOAST
FRUIT
JUICE
MILK

25
BISCUITS & SAUSAGE
GRAVY
FRUIT
JUICE
MILK

26
PANCAKE & SAUSAGE
ON A STICK
FRUIT
JUICE
MILK

27
WAFFLES
FRUIT
JUICE
MILK

28
WG CEREAL
WG POPTART
FRUIT
JUICE
MILK

31
WG CEREAL
WG TOAST
FRUIT
JUICE
MILK



August 2015

DILLER ODELL PUBLIC SCHOOL

LUNCH



FRESH FRUIT AND VEGETABLE BAR SERVED DAILY
MILK CHOICE SERVED DAILY



Nutrition Tip: Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.

Reference: USDA. MyPlate.gov

Monday

Tuesday

Wednesday

Thursday

Friday



3



4



5



6



7



10



11



12

DELI SANDWICH
SUNCHIPS
FRESH VEGGIES
FRESH FRUIT

13

PIZZA
LETTUCE SALAD
CORN
FRESH FRUIT
PEANUT BUTTER BAR

14

BBQ PORK ON WG BUN
BAKED BEANS
COLESLAW
PINEAPPLE

17

CHICKEN NUGGETS
MASHED POTATOES
GREEN BEANS
FRUIT SALAD
WG ROLL

18

HAMBURGER ON WG BUN
FRENCH FRIES
BABY CARROTS
CHOCOLATE CHIP COOKIE

19

CHILI CRISPITO
SPANISH RICE
CORN
FRESH FRUIT

20

CAVATINI
LETTUCE SALAD
PEARS
GARLIC TOAST
MILK

21

COUNTRY FRIED PORK
SCALLOPED POTATOES
PEAS
APPLESAUCE WG ROLL

24

ITALIAN DUNKERS
POTATO ROUNDS
GREEN BEANS
PEACHES
OATMEAL COOKIE

25

TSO CHICKEN WRAP
CORN
FRESH FRUIT
CAKE

26

BBQ RIB ON WG BUN
POTATO SALAD
FRESH VEGGIES
PINEAPPLE

27

STROMBOLI
BAKED BEANS
FRESH FRUIT
GELATIN CUP

28

POPCORN CHICKEN
MASHED POTATOES
BROCCOLI & CHEESE
FRUIT SALAD
WG ROLL

31

