

Harvest of the Month



Watermelon

Watermelons are actually related to cucumbers, pumpkins, and squash so it can be considered a fruit and a vegetable! It also has 1.5 times more lycopene, an antioxidant, than a large, raw tomato. Mark Twain even claimed that watermelon must be the food of the angels.

Please remember to fill out a Free and Reduced application for this school year, even if you don't think you qualify! Only one form per household is needed.



Indicates Locally Grown

Breakfast daily:
Free for all students

Lunch daily:
\$0.40 reduced price (\$2.00/wk)
\$2.65 full price (\$13.25/wk)
\$0.50 for milk only (\$2.50/wk)



August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 National Watermelon Day!	4
7	8	9	10	11
Welcome Back to School!				
<u>Local Food Events:</u> Schlafly Farmers Market- Wednesdays from 4-7 PM.		16	17	18
<i>Menu is subject to change. This institution is an equal opportunity provider.</i>				
21	22	23 Cherry Frudel Cheeseburger Celery Sticks Broccoli Trees Applesauce	24 Mini Blueberry Waffles National Waffle Day! Mini Corn Dogs Grape Tomatoes Baby Carrots Diced Pears	25 Yogurt w/WG cracker Turkey Hot Dog Corn on the Cob Baked Beans Peach Slices
28 Strawberry Oatmeal Bar Baked Chicken Sandwich Oven Potato Wedges Roasted Broccoli Mixed Fruit	29 Mini Cinn French Toast Beef Nachos Refried Beans Corn Kernels Pineapple Tidbits	30 Apple Frudel Grilled Cheese Tomato Soup Celery Sticks Cinnamon Apple Slices	31 Banana Bread Roast Chicken Mashed Potatoes Soft Pretzel Green Beans Mandarin Oranges	