

Fresh Ideas for August

August 15 - 31, 2011




Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
15 1ST DAY OF SCHOOL Yogurt Granola Bar Fresh Fruit Milk	16 Croissant Egg Patty Fresh Fruit Milk	17 Biscuit Turkey Sausage Fresh Fruit Milk	18 French Toast Stick Egg Patty Fresh Fruit Milk	19 Breakfast Burrito Fresh Fruit Milk
22 Fruit Muffin Yogurt Fresh Fruit Milk	23 Breakfast Rice w/ Turkey Sausage Fresh Fruit Milk	24 2 Pancakes Fresh Fruit Milk	25 Bagel Turkey Sausage Fresh Fruit Milk	26 Pancake on a Stick Fresh Fruit Milk
29 Cereal Yogurt Fresh Fruit Milk	30 Breakfast Potatoes w/ Turkey Sausage, Cheese and Veggies Fresh Fruit Milk	31 Croissant Egg Patty Fresh Fruit Milk		



Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
15 1ST DAY OF SCHOOL Chicken Nuggets Tater Tot Mixed Vegetables Fresh Fruit Milk	16 Turkey Dog Green Beans Fresh Fruit Milk	17 Cheese Burger Corn Fresh Fruit Milk	18 Crispito Carrots Fresh Fruit Milk	19 Sloppy Joe Broccoli Cheese Rice Fresh Fruit Milk
22 Chicken Soft Taco Fresh Carrots Fresh Fruit Milk	23 Spaghetti Salad Fresh Fruit Milk	24 Chicken Sandwich Celery Sticks Fresh Fruit Milk	25 Mac & Cheese Mixed Vegetables Fresh Fruit Milk	26 Pizza Tossed Salad Fresh Fruit Milk
29 BBQ Chicken Sandwich Corn Fresh Fruit Milk	30 Nachos Tomatoes Fruit Fresh Fruit Monotony Breaker: Peach Salsa	31 Mini Corn Dogs Green Beans Fresh Fruit Milk		

All Fresh Ideas menus are subject to change due to product shortage or program needs.



Email: dtibbetts@freshideasfood.com

MONTHLY MENU SITE:
www.freshideasllc.com/menus/sllis

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Breakfast and Lunch menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and Vitamins A & C. All menus are prepared by our Corporate Dietitian: Pat Holmes, RD.