


August 2014**Lunch Menu Served w/ Milk & Season Fruit****Prep and Fitness Academies- *Celerity Schools*****K - 8**

	Mon Starchy	Tue Dark Green	Wed Red & Orange	Thu Beans and Peas	Fri Other
B					
L	Summer Vacation	Summer Vacation	Summer Vacation	Summer Vacation	Summer Vacation
B					
L	Summer Vacation	Summer Vacation	Summer Vacation	Summer Vacation	Summer Vacation
B	18 Rice Krispy , Low Fat Yogurt & Seasonal Fruit/100% juice	19 Plan Bagel, Cream Cheese, Seasonal Fruit & Margarine	20 Banana Bread, Cream Cheese, Seasonal Fruit & Margarine	21 Enriched Cold Cereal, Graham Crackers, 100% Fruit Juice & Jelly	22 Strawberry Bread, Cream Cheese, Seasonal Fruit & Margarine
L	Pizza Sticks, Marinara Sauce, Broc and Carrots, Salad, Dressing & Seasonal Fruit	BBQ Chicken, WW Bun, Mashed Potatoes, Salad, Dressing & Seasonal Fruit	Mac and Cheese, Peas and Carrots, Salad, Dressing & Seasonal Fruit	Nachos, Cheese, Salsa, beans, Sour Cream, Salad, Dressing & Seasonal Fruit	Hot Dog , WW Roll, Carrots and Corn , Salad, Dressing & Seasonal Fruit
B	25 Enriched Cold Cereal, Graham Crackers, 100% Fruit Juice & Jelly	26 Whole Grain Corn Muffin, Low Fat Yogurt, Margarine & Seasonal Fruit	27 Rice Krispy , , Low Fat Yogurt & Seasonal Fruit	28 Plan Bagel, Cream Cheese, Seasonal Fruit & Margarine	29 Enriched Cereal, Graham Crackers, Seasonal Fruit & Margarine
L	Spaghetti, Meat Sauce, WW Roll, Salad, Dressing & Seasonal Fruit	Corn Dog, Baked Beans, Salad, Dressing & Seasonal Fruit	Soft Taco, Spanish Rice, Salad, Dressing & Seasonal Fruit	Chicken Patties, WW Bun, Baked Potato Wedges, Salad, Dressing & Seasonal Fruit	Pizza Sticks, Marinara Sauce, Broc and Carrots, Salad, Dressing & Seasonal Fruit
B					
L					

“Healthy Eating, Better Learning”