

August 2018

Lisbon Grade School

LUNCH



Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.

Fruit Juice and Desserts served on occasion.



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



6

Tuesday



7

Wednesday

1

Thursday

2

Friday

3

13

14

15

16

17

Hot Dog on a Bun
Green Beans
Fruit
Rice Krispy Treat

20

Turkey & Cheese Wrap
Corn
Fruit
Pudding or Jell-O Cup

21

Beef Tacos
Nacho Chips, Salsa
Cheese, Sour Cream
Peas
Frozen Fruit Cups

22

Italian Chicken on a Bun
Caesar Salad
Fruit
Gogurt

23

Hamburger or
Cheeseburger on a Bun
Carrots
Fruit
Fruit Snacks

24

Pork Riblet on a Bun
Baked Beans
Fruit
Pudding Cup

27

Chicken Patty on a Bun
Green Beans
Fruit
Cookie

28

Mini Corn Dogs
Nacho Chips & Cheese
Corn
Fruit
Fruit Snacks

29

Sausage, Egg & Cheese
on a Biscuit
Raw Carrots & Ranch
Fruit
Orange Juice

30

Meatball Sandwich
Marinara Sauce
Lettuce Salad & Dressing
Fruit
Rice Krispy Treat

31