

August 2019

Lisbon Grade School

LUNCH



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



Nutrition Tip: August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Reference: USDA MyPlate

Monday



Tuesday



Wednesday

Thursday

Friday

5

6

7

1

2

8

9

12

13

14

15

16

Beef Tacos
Nacho Chips, Salsa
Sour Cream, Cheese
Corn, Fruit

19

Turkey & American
Cheese Sandwich
(turkey, cheese, lettuce)
Raw Veggies w/ Ranch
Fruit, Brownie

20

Hot Dog on a Bun
Carrots
Fruit
Rice Krispy Treat

21

Chicken Nuggets
Baked Beans
Fruit
Pudding Cup

22

Hamburger or
Cheeseburger on a Bun
Lettuce Salad w/ Dressing
Fruit, Jell-O Cup

23

Chicken Caesar Salad
Raw Veggies
Fruit
Brownie

26

BBQ Pulled Pork on a Bun
Corn
Fruit
Pudding Cup

27

Chicken Patty on a Bun
Lettuce Salad w/ Dressing
Fruit
Fruit Snacks

28

Pretzel Bites &
Cheese Sauce
Green Beans
Fruit, Granola Bar

29

Pork Riblet on a Bun
Baked Beans
Fruit
Rice Krispy Treat

30