

MENUS FOR AUGUST 2019

**ARANSAS PASS
ISD
ELEMENTARY
MENUS**

This institution is an equal opportunity provider. Menus are subject to change.



Monday, August 26

Breakfast

French Toast Sticks

Lunch

Chicken Nuggets/Steak
Fingers
Mashed potatoes & Gravy
Broccoli
Whole Grain Roll

Tuesday, August 27

Breakfast

Pancake Wrap

Lunch

Chicken Fajita Taco/Burrito
Green Beans
Taco Salad

**KIDS! Join us daily for
the original value meal!**

All of our complete meals are always

**NO CHARGE
for all students**

with no need to submit an
application, thanks to the
Community Eligibility Program!

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

**Welcome Back
for FOOD, FUN, & FITNESS!**

**We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!**

Wednesday, August 28

Breakfast

Oatmeal w/Sides or
Yogurt Parfait

Lunch

Chili Scoopers
Pinto Beans
Lettuce & Tomatoes

NUTRITION TO GO

Despite persistent urban legends to the contrary, eating a watermelon seed will not cause a plant to sprout in your stomach! And, anyway, most of the watermelons sold today are seedless. That's too bad – the seeds roasted with a little olive oil and salt are a crunchy snack loaded with protein and other nutritious goodies!

A QUICK BITE FOR PARENTS

Thursday, August 29

Breakfast

Sausage, Biscuit & Gravy

Lunch

Cheeseburger or Hamburger
Tater Gems
Burger Salad

Friday, August 30

Breakfast

Tamales

Lunch

Pizza/Cheese Bites
Seasoned Corn
Baby Carrots /w Ranch
Dressing

DON'T 4 GET!

**To make a lunch,
choose at least one**



or



**and 3-5
items
total**



**ARANSAS PASS ISD
FOOD SERVICES**