


ASSUMPTION SCHOOL

AUGUST LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
22 Hamburger on Bun OR Chef Salad French Fries Broccoli Florets Apple Wedges Sliced Peaches	23 Soft Shell Taco OR Yogurt Lunch Seasoned Rice Refried Beans Lettuce and Tomato Kiwi Applesauce	24 Spaghetti & Meatsauce OR Chef Salad Italian Bread Green Beans Baby Carrots Banana Half Diced Pears	25 Fish Sandwich OR Yogurt Lunch Corn Sliced Tomatoes Orange Wedges Pineapple Tidbits Cookie	26 Biscuits & Sausage Gravy OR Chef Salad Hash Brown Potatoes Lettuce Salad Grapes Mandarin Oranges	
29 Chicken Nuggets OR Chef Salad Corn Bread Mashed Potatoes/Gravy Baby Carrots Kiwi Cinnamon Apples	30 Pancakes/Sausage/ Scrambled Eggs OR Yogurt Lunch Sliced Tomatoes Orange Juice Diced Pears	31 Hot Dog on Bun OR Chef Salad Baked Beans Lettuce Salad Orange Wedges Sliced Peaches	FOOD FACT: Pepperoni is America's favorite pizza topping. In Japan, squid is tops. Australians prefer eggs.	FOOD FACT: Q: How many teaspoons of sugar does the average North American consume every day? A: 19 teaspoons, mostly in processed foods	Yogurt Lunch includes yogurt, string cheese and Sun Chips. Chef Salad includes assorted greens, salad toppings, protein (meat, cheese, eggs), whole grain bread.

Lunch includes milk (1% white, skim white, skim chocolate), condiments. All our breads provide whole grain goodness. Extra servings fruit and vegetable available to all students.

Assumption School is an equal opportunity provider.