



**School Information:** Type your school information here.



**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 and clean up together!

Reference: USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Type your text here

2

**National Watermelon Day**

3

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4

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5

**National Rootbeer Float Day**

6

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9

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10

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11

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12

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13

-Chicken Sandwich  
-PB&J Variety  
Fruit and Vegetable Variety

16

-Chicken and Mashed  
Potato Bowl with a Roll  
-PB&J Variety  
Fruit and Vegetable Variety

17

-Cheeseburger with Tots  
-PB&J Variety  
Fruit and Vegetable Variety

18

-Beefy Nachos  
-PB&J Variety  
Fruit and Vegetable Variety

19

-Pepperoni/Cheese  
Pizza Rippers  
-PB&J Variety  
Fruit and Vegetable Variety

20

-Chicken Nuggets  
with a Roll  
-PB&J Variety  
Fruit and Vegetable Variety

23

**National Waffle Day**  
-Chicken and Waffle  
-PB&J Variety  
Fruit and Vegetable Variety

24

-RIB-B-Q with Tots  
-PB&J Variety  
Fruit and Vegetable Variety

25

-Hot Dog/Chili Dog with  
Emoji Fries  
-PB&J Variety  
Fruit and Vegetable Variety

26

-Pepperoni/Cheese Pizza  
-PB&J Variety  
Fruit and Vegetable Variety

27

-Chicken Sandwich  
-PB&J Variety  
Fruit and Vegetable  
Variety

30

-Chicken and Mashed  
Potato Bowl with a Roll  
-PB&J Variety  
Fruit and Vegetable Variety

31

