



WELCOME BACK COLT FAMILY



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 and clean up together!



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

3

NO SCHOOL

4

NO SCHOOL

5

NO SCHOOL

6

NO SCHOOL

7

NO SCHOOL

10

NO SCHOOL

11

NO SCHOOL

12

NO SCHOOL

13

**STUFFED CRUST
CHEESE/PEPPERONI PIZZA
PB&J SANDWICH**

14

**CORN DOG
MINI CORN DOGS
PB&J SANDWICH**

17

**MINI CHEESE CALZONE
W/ MARINARA SAUCE
TURKEY & CHEESE SUB
PB&J SANDWICH**

18

**POPCORN
CHICKEN W/ ROLL
PB&J SANDWICH**

19

**BEEF HOT DOG
PB&J SANDWICH**

20

**CHEESY BREAD W/
MARINARA SAUCE
PB&J SANDWICH**

21

**HAMBURGER
CHEESEBURGER
PB&J SANDWICH**

24

**CHICKEN NUGGETS W/
ROLL
TURKEY & CHEESE SUB
PB&J SANDWICH**

25

**STUFFED CRUST CHEESE
OR PEPPERONI PIZZA
PB& J SANDWICH
PIZZA MUNCHABLE**

26

**BEEF NACHOS
CHEESE NACHOS
PB&J SANDWICH
TACO SALAD**

27

**CHICKEN PATTY
SANDWICH
PB&J SANDWICH
BUFFALO CHICKEN WRAP**

28

**CORN DOG
MINI CORN DOGS
PB&J SANDWICH
YOGURT MUNCHABLE**

31

**CHEESE STUFFED
BREADSTICKS / MARINARA
TURKEY & CHEESE SUB
PB&J SANDWICH**

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