

# Towns County Middle-High

# AUGUST 2014

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## DID YOU KNOW?

The Anglo-Saxons called August "Weod monath", which means "Weed month", because it is the month when weeds and other plants grow most rapidly. In 8 B.C. the Romans named the month Augustus after Emperor Augustus

Salad Bar will start on August 11<sup>th</sup>.

Both lines will be the same the 7<sup>th</sup> & 8<sup>th</sup>.

Breakfast Includes:

- Fresh Fruit Variety
- Juice variety
- Milk Choice that includes: White 1%, White Skim or Chocolate Skim
- Yogurt & Fruit Parfait on Tuesday and Thursday
- Cereal or Breakfast Pastry offered Daily.

Lunch Includes:

- Variety of Fresh Fruit usually apple, banana, pear or other seasonal fruits
- Milk choice that includes White 1%, White Skim and Chocolate Skim
- Fresh Salad Bar is offered Daily as a choice

Market conditions, delivery, inclement weather, or availability of food may require changes to the menu without prior notification.

"This institution is an equal opportunity provider."

4

5

6

7  
Crispy Chicken Sandwich  
Turkey & Cheese Sandwich  
Potato Tots  
Lettuce/Tomato  
Summer Squash Medley  
Fresh Fruit Variety

Bfst: Bacon or Chicken  
Biscuit/Yogurt&Fruit  
Parfait/Cereal

8  
Boneless Hot Wings  
Pizza  
Fresh Garden Salad  
Oven Roasted Mixed Veggies  
Oven Fries  
Frozen Juice Bar

Bfst: Gravy Biscuit &  
Eggs/Breakfast Pastry/Cereal

11  
Chicken Nuggets  
Country Fried Steak & Gravy  
Pizza Bar  
Creamy Mashed Potatoes  
Baby Carrot Dippers  
Green Beans  
Golden Wheat Roll  
Fresh Fruit Variety  
Bfst: Chicken or Sausage  
Biscuit/Bfst.Pastry/Cereal

12  
Hamburger Bar  
Deli Sandwich  
Spicy Chicken Sandwich  
Oven Fries  
Celery Dippers  
Baked Beans  
Fresh Fruit Variety

Bfst: Pancake on Stick/Yogurt  
& Fruit Parfait/Cereal

13  
Cheesy Taco Bar  
Corn Dog  
Turkey Sandwich  
Refried Beans  
Salsa  
Whole Kernel Corn  
Fresh Fruit Variety

Bfst: Bfst. Pizza  
Bagel/Bfst.Pastry/Cereal

14  
Chicken Filet Bar  
Cheese Quesadilla  
Deli Sandwich  
Potato Tots  
Lettuce/Tomato  
Summer Squash Medley  
Fresh Fruit Variety

Bfst: Bacon or Chicken  
Biscuit/Yogurt& Fr. Parfait/Cereal

15  
Philly Steak & Cheese Sub  
Pizza Bar /Ham Sandwich  
Grilled Peppers & Onions  
Oven Fries  
Cheesy Broccoli  
Fresh Fruit Variety  
Frozen Juice Bar

Bfst: Gravy Biscuit &  
Eggs/Bfst.Pastry/Cereal

18  
Chicken Tenders/ Pizza  
BBQ Sandwich  
Potato Smiles  
Carrot Dippers  
Cheesy Broccoli  
Warm Biscuit  
Fresh Fruit Variety

Bfst: Chicken or Sausage  
Biscuit/Bfst.Pastry/Cereal

19  
Baked Rotini & Warm  
Breadstick  
Hamburger Bar  
Deli Sandwich  
Whole Kernel Corn  
Green Beans  
Jigglin' Jello  
Fresh Fruit Variety

Bfst: Pancake on Stick/Yogurt  
Parfait/Cereal

20  
Fish Nuggets & Hushpuppies  
Chicken Fajita Bar  
Turkey Sandwich  
Black-eyed Peas  
Corn on the Cob  
Creamy Coleslaw  
Fresh Fruit Variety

Bfst: Breakfast Pizza Bagel/  
Bfst.Pastry/Cereal

21  
All Beef Hot Dog & Sun Chips  
Deli Sandwich  
Chicken Filet Bar  
Potato Smiles  
Green Beans  
Carrot Dippers  
Fresh Fruit Variety

Bfst: Bacon or Chicken  
Biscuit/Yogurt Parfait/Cereal

22  
Cheese Sticks & Marinara  
Sauce/Pizza Bar  
Spicy Chicken Sandwich  
Oven Roasted Mixed Veggies  
Oven Fries  
Fresh Fruit Variety  
Frozen Juice Bar

Bfst: Gravy Biscuit &  
Eggs/Bfst.Pastry/Cereal

25  
BBQ Sandwich  
Pizza Bar  
Turkey & Cheese Wrap  
Baked Beans  
Creamy Coleslaw  
Steamed Broccoli  
Fresh Fruit Variety

Bfst: Chicken or Sausage  
Biscuit/Bfst.Pastry/Cereal

26  
"Brunch for Lunch"  
French Toast Sticks w/  
Sausage/ Hamburger Bar  
Deli Sandwich  
Hashbrowns  
Fruit Juice  
Spiced Apples  
Fresh Fruit Variety

Bfst: Pancake on Stick/Yogurt  
Parfait/Cereal

27  
Macaroni & Cheese  
Taco Bar  
Ham Sandwich  
Sweet Glazed Carrots  
Green Beans  
Cornbread  
Fresh Fruit Variety

Bfst: Bfst. Pizza  
Bagel/Bfst.Pastry/Cereal

28  
Asian Glazed Chicken  
Deli Sandwich  
Chicken Filet Bar  
Veggie Fried Rice  
Oriental Veggies  
Egg Roll/ Carrot Dippers  
Fresh Fruit Variety

Bfst: Bacon or Chicken  
Biscuit/Yoourt Parfait/Cereal

29  
Meatball Sub  
Pizza Bar  
Grilled Cheese Sandwich  
Oven Fries  
Grilled Peppers & Onions  
Whole Kernel Corn  
Fresh Fruit Variety  
Frozen Juice Bar

Bfst: Gravy Biscuit &  
Eggs/Bfst.Pastry/Cereal