

# August 2020

## Roland-Story Elementary School



This institution is an equal opportunity provider.



**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



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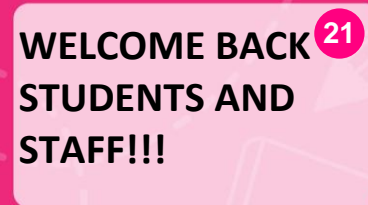
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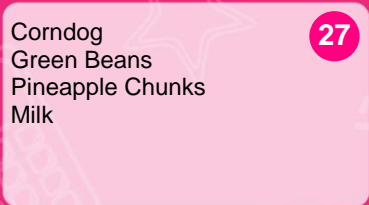
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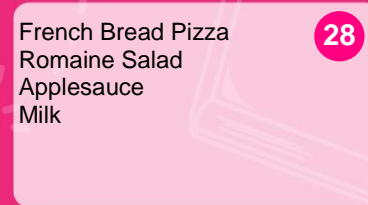
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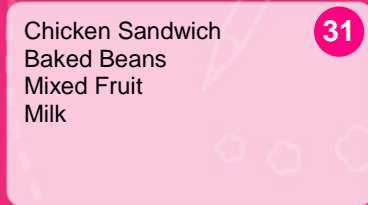
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