

# August 2019

# Roland-Story High School

## LUNCH



**School Information:** Roland-Story CSD is an equal opportunity provider/employer.



**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 up, and clean up together!

Reference: USDA MyPlate



### Monday



### Tuesday

**Milk offered daily:**  
White, Chocolate, and  
Strawberry Skim Milk  
White 1% Milk

### Wednesday

### Thursday

### Friday

5

6

7

1

2

12

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14

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21

**WELCOME  
BACK!**

22

23

Norse Burger  
Baked Beans  
Watermelon  
Steamed mixed vegetables  
Milk

Pork rib on a bun  
French fries  
Fruit cocktail  
Green Beans  
Milk

26

Beef taco  
Black beans  
Spanish rice  
Fruit salsa  
Milk

27

Grilled Chicken Salad  
Whole wheat roll  
Fresh Strawberries  
Milk

28

Turkey sub  
Chips  
Mixed vegetables  
Fresh kiwi  
Milk

29

Spaghetti  
Breadstick  
Leafy green side salad  
Apple slices  
Milk

30