August 2019

Dundee Elementary Academy





School Information: ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE!!! ALL MEALS ARE FREE FOR STUDENTS. Choice of Milk with every meal.



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	Wednesday //	Thursday	Friday
				2
5	6	7	8	9
Orange Chicken over Noodles w/Egg Roll PB&J Uncrustable Harvest Chicken Salad Stir Fry Veg Fresh Veggie Tray/Chilled Fruit	Sloppy Joe Nachos Ham & Cheese Sandwich Fruit & Yogurt Salad Seasoned Pinto Beans Fresh Veggie Tray Fresh Fruit	Chicken & Waffles Peanut Butter Box Grilled Turkey Salad Green Beans Fresh Veggie Tray Chilled Fruit	Chicken Alfredo Turkey & Cheese Sandwich Buffalo Chicken Salad Broccoli Fresh Veggie Tray Fresh Fruit	Pizza Yogurt Snacker Chef Salad Corn Fresh Veggie Tray Frozen Juice Cup
Fish Nuggets w/Mac & 19 Cheese PB&J Uncrustable Southwest Chicken Salad Green Beans Fresh Veggie Tray/Chilled Fruit	Street Taco w/ Sauce Ham & Cheese Sandwich Fruit & Yogurt Salad Chips & Salsa Fresh Veggie Tray Fresh Fruit	Cuban Flatbread Sandwich Yogurt Snacker Chicken Caesar Salad Seasoned Black Beans Fresh Veggie Tray Chilled Fruit	Chicken Nuggets w/ Roll Turkey & Cheese Sandwich Asian Chicken Salad Sweet Potato Fries Fresh Vegie Tray Fresh Fruit	Cheeseburger Pizza Snacker Chef Salad French Fries Fresh Veggie Tray Applesauce
4 Cheese Tortellini PB&J Uncrustable Harvest Chicken Salad California Blend Fresh Veggie Tray Chilled Fruit	Crunchy Beef Tacos Ham & Cheese Sandwich Fruit & Yogurt Salad Pinto Beans Fresh Veggie Tray Fresh Fruit	Monte Cristo Sandwich Peanut Butter Box Grilled Turkey Salad Sweet Potato Fries Fresh Veggie Tray Chilled Fruit	Chicken Patty Sandwich Turkey & Cheese Sandwich Buffalo Chicken Salad Green Beans Fresh Veggie Tray Fresh Fruit	Pizza Yogurt Snacker Chef Salad Corn on the Cobb Fresh Veggie Tray Frozen Fruit Cup