



August

HEALTHY
MEALS
FOR
EVERYBODY



Monday

Tuesday

Wednesday

Thursday

Friday

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23 Breakfast Bar Toast <hr/> Stuffed Crust Pizza Green Beans Whole Kernel Corn Fruit	24 Honey Bun <hr/> Hamburger Potato Wedge Lettuce/Tomato Pickles Cookie	25 Sausage Biscuit <hr/> Deli Sandwich Baked Beans Lettuce/Tomato Chips Diced Peaches	26 Breakfast Bagel <hr/> Chicken Strips Whipped Potatoes w/Gravy Steamed Broccoli Texas Toast Watermelon	27 Blueberry Muffins <hr/> Sausage Parsley Potatoes Veggie Sticks w/Dressing Bread Cantaloupe
30 Breakfast Pizza <hr/> Beef/Bean Chalupas Lettuce/Tomato Mexican Rice Yellow Squash Pear Half	31 Sausage Roll <hr/> Bar-B-Q on Bun Pork & Beans Pickle Slices Potato Salad Orange Half			

Palacios ISD Secondary Menu
Cereal and Toast Served Each Day
Milk or Juice Served Each Day