

\*Healthy tip of the month

Families everywhere are bracing for a return to school, work and hectic schedules. The sudden change to fall activity however can quickly sap energy levels leaving both parents and kids tired, stressed and even prone to illness. Plan ahead with the hints below to ease the transition; you can ward off fatigue and anxiety, and keep your family in good health. 1. **Get to bed earlier.** 2. **Eat well.** 3. **Give your immune system a boost.** 4. **Wash your hands.** 5. **Get to know the school nurse.** 6. **Take a breather.**

# Christa McAuliffe - Lunch Menu – August 2018

Milk is served with every lunch.

Menu subject to change.

**Lunch \$3.25**

Breads/Buns are whole grain rich.



	Mon	Tue	Wed	Thu	Fri	Sat
						4
5	6	7	8	9	10	11
					Chicken Nuggets Mashed Potato White Beans Mandarin Orange	
12	13	14	15	16	17	18
B	Corn Dog Green Beans Potato Cubes Sliced Apple	Cheeseburger Corn Sweet Potato Mandarin Orange	Tacos Black Beans Lettuce Tomatoes Orange	Pasta with Meat Sauce Salad Apple Roll	Cheese Pizza Salad Cucumbers Sidekick	
19	20	21	22	23	24	25
H	Frittata Hot Roll Hash Brown Sausage Cucumbers	Hot Dog Baked Beans Sweet Potato Apple	Cheeseburger Lettuce Tomatoes Tater Tots Orange	Chicken Alfredo Broccoli Fresh Carrots Peaches Roll	Cheese Pizza Sidekick Cucumbers Fresh Carrots	
26	27	28	29	30	31	
N	Boneless Chicken Wings Mashed Potato White beans Fresh Carrots Peaches	Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin Orange	Chicken Alfredo Broccoli Salad Apple Roll	Hamburger Slider French Fries Green Beans Lettuce Tomatoes Orange	Cheese Pizza Sidekick Cucumbers Salad	

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