



**School Information:** Did you know when you eat at the Hook Elementary cafeteria, you can choose between chocolate, strawberry and regular white milk?



**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



21  
FISH STICKS  
POPCORN CHICKEN  
FRIES, PEAS  
GALA APPLE  
DICED PEARS  
MILK

22  
TACO STICK  
BEEF, BEAN & CHEESE  
BURRITO  
SPANISH RICE, PINTO BEANS  
CUCUMBER SLICES  
STRAWBERRIES, GALA APPLE  
MILK

23  
PIZZA  
SUB SANDWICH  
SIDE SALAD, CHIPS  
BABY CARROTS  
BROCCOLI WITH RANCH  
APPLESAUCE CUP  
ORANGE, MILK

19  
26  
BEEF RAVIOLI  
MOZZARELLA MAXSTICK  
MARINARA SAUCE  
SLICED CARROTS, GREEN  
BEANS, CHEESY GARLIC  
BREAD, ORANGE, PEACHES  
MILK

20  
27  
CORN DOG  
CHICKEN CHUNKS  
MAC AND CHEESE  
PEAS  
PINEAPPLE TIDBITS  
GALA APPLE, RICE KRISPIE  
TREAT, MILK

28  
POPCORN CHICKEN  
STEAK FINGERS  
MASHED POTATOES  
GRAVY, CORN  
SIDE SALAD, ROLL  
RED GRAPES, FRUIT  
COCKTAIL, MILK

29  
CHICKEN CRISPITOS  
MINI CHICKEN TACOS  
REFRIED BEANS  
SPANISH RICE  
GALA APPLE  
CHERRY SIDEKICK  
MILK

30  
PIZZA  
SUB SANDWICH  
SIDE SALAD, CHIPS  
BABY CARROTS  
BROCCOLI WITH RANCH  
APPLESAUCE CUP  
ORANGE, MILK