

# August

## All Elementary Sites

Adams, Alcott, Beatty, Bryant, Casa Blanca, Castle View, Emerson, Franklin, Fremont, Harrison, Highgrove, Highland, Hawthorne, Jackson, Jefferson, Kennedy, Lake Mathews, Liberty, Longfellow, Madison, Magnolia, Monroe, Mountain View, Pachappa, Rivera, Taft, Twain, Victoria, and Washington

## PICK A BETTER SNACK PEACHES

Choose peaches that have a sweet smell and give slightly to gentle pressure.

### Did you know...

- Peaches are an excellent source of vitamin C, vitamin A, and fiber.
- Fiber helps you feel full and keep your blood sugar level normal.

### Healthy Ideas

- Eat the skin! The skin of fruits and vegetables contains fiber and many important vitamins and minerals.

## INTRODUCING OUR Farmers Market Salad Bar



All elementary students get to select a 1/2 cup of fresh fruits and veggies on our farmer market salad bars! RUSD strives to support local and small farmers.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Notes:

- Milk Choices: 1% Plain, Fat-Free Plain, Fat-Free Flavored
- All grains served are whole-grain rich.
- Menu is subject to change due to availability of products, food allergies and other considerations.



Contains Pork



11

Assorted Cereal  
Jungle Crackers  
Raisins

Corn Dog  
Cool Corn  
Plum

12

Pan Dulce  
Pear

Twin  
Cheeseburgers  
Carrot Sticks  
Peach

13

Apple Cinnamon Muffin  
Nectarine

Pizza Delivery to  
Adams

French Bread  
Pepperoni or Cheese  
Pizza  
Side Salad  
Strawberries

14

Assorted Cereal  
String Cheese  
Banana

Taco Nada  
Black Beans  
Apple

15

Mini Confetti  
Pancakes  
Fruit Juice

Hamburger  
Celery  
Grapes

18

Assorted Cereal  
Graham Crackers  
Cranberries

Bean & Cheese  
Burrito  
Diced Peaches  
Diced Peaches

19

Blueberry Muffin  
Peach

Cheesy Nacho Bar  
Tortilla Chips  
Cheese Sauce  
Black Beans  
Pear

20

Pan Dulce  
Nectarine

Pizza Delivery to  
Alcott

Pepperoni or  
Cheese Stuffed  
Crust Pizza  
Side Salad  
Apple

21

Honey Wheat Bun  
Banana

Macaroni & Cheese  
Broccoli &  
Cauliflower  
Strawberries

22

\*National Waffle Day\*  
Belgian Waffle  
Fruit Juice

BBQ at Woodcrest  
Hot Dog  
Carrot Sticks  
Plum

25

Assorted Cereal  
Assorted Crackers  
Raisins

Chalupa  
Black Beans  
Nectarine

26

Mini Strawberry Cream  
Cheese Bagels  
Peach

ABC Shaped  
Chicken Nuggets  
Texas Toast  
Carrot Sticks  
Fruit Juice

27

Cereal, Crackers  
Banana

Pizza Delivery to  
Beatty   
Galaxy Pepperoni  
or Cheese Pizza  
Side Salad  
Plum

28

Homemade Breakfast  
Sandwich  
Diced Potatoes  
Strawberries

Pretzel Dog  
Cool Corn  
Apple

29

Cereal, Yogurt  
Peach

BBQ at Washington  
Pork Rib A Que  
 Coleslaw  
Pear

**Breakfast and lunch are offered to all students at NO COST!**

This institution is an equal opportunity provider and employer.