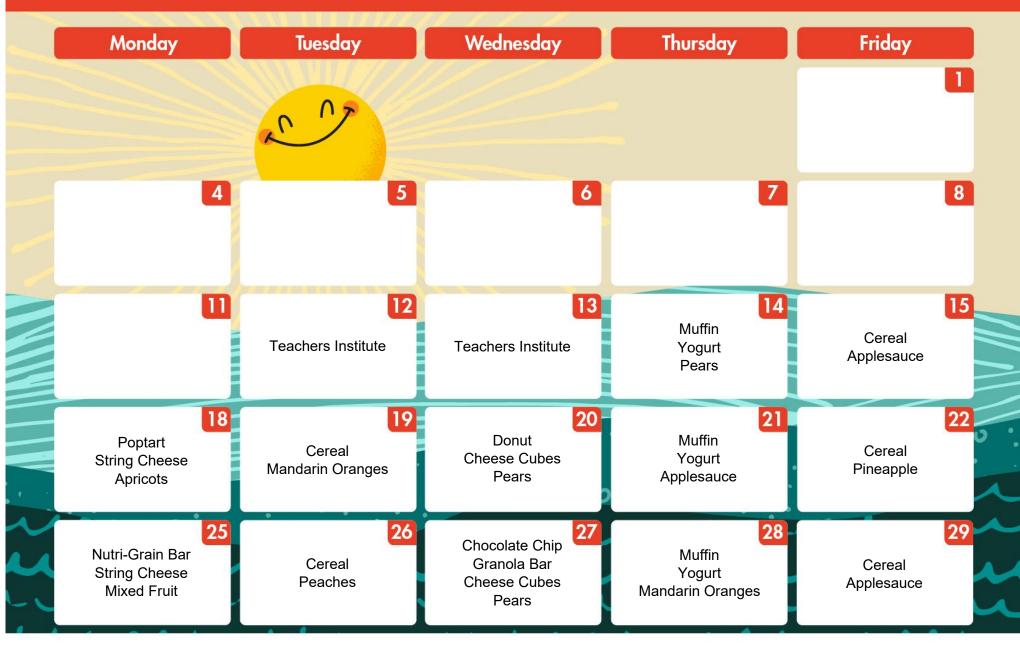
## **AUGUST 2025**

12 Days Milk served with meal

Allen Grade School



Federal guidelines recommend kids ages 6 to 17 engage in moderate to vigorously intense physical activity for roughly an hour each day. This should include mostly aerobic activities as well as some age-appropriate bone and muscle-strengthening activities, such as playground games, lifting weights, using resistance bands, running or jumping rope. (heart.org)

## **AUGUST 2025**

12 Days Milk served with meal

Allen Grade School

	Monday	Tuesday	Wednesday	Thursday	Friday
		2002			
	4	5	6	7	8
	11	Teachers Institute	Teachers Institute	Hot Dog on Bun Fries Baked Beans Applesauce	Pizza Corn Apricots Cookie
	Hamburger on Bun Fries Baked Beans Mandarin Oranges	Chicken Strips Mashed Potatoes w/Gravy Peas Peaches	Bosco Sticks Marinara Green Beans Applesauce	Tacos Salsa Salad Corn Pineapple	Cold Ham & Cheese Chips & Salsa Raw Veggie Mixed Fruit
4	Chicken Patty on Bun Sweet Potato Fries Green Beans Peaches	Salisbury Steak w/Gravy Mashed Potatoes w/Gravy Peas Pears	Corn Dog Nuggets  Tater Tots  Baked Beans  Mandarin Oranges	Chicken Strips Alfredo Pasta Broccoli Cauliflower Applesauce	Pizza Corn Mixed Fruit Cookie

Cooking with your child is a great way to help them develop a strong knowledge base about good nutrition, meal planning and preparation, and incorporating how to read food labels. A lot of times, children are more likely to try new foods that they have a hand in preparing- so make trying new foods exciting and expand their horizons by getting your child in the kitchen and learning! (Actionforhealthykids.org)