



BREAKFAST

AUGUST 2025

LJSH

12 Days
Milk served with meal

Monday

Tuesday

Wednesday

Thursday

Friday



4

5

6

7

1

8

11

12

13

14

15

Teachers Institute

Teachers Institute

Pancake and Sausage
Sandwich
Fruit Cup

Cheese Omelet
Tri-Tater
Applesauce

18

19

20

21

22

Poptart
String Cheese
Mixed Fruit

Cereal
Yogurt
Peaches

Cherry Frudel Stick
String Cheese
Apricots

Waffles
Syrup
Pears

Biscuits and Gravy
Applesauce

25

26

27

28

29

Nutri-Grain Bar
String Cheese
Mixed Fruit

Cereal
Yogurt
Pears

Cinnamon Frudel Stick
String Cheese
Apricots

Waffle
Syrup
Peaches

Cheese Omelet
Tri-Tater
Applesauce

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)

Monday
Tuesday
Wednesday
Thursday
Friday

4
5
6
7
1
8
11

Teachers Institute

12

Teachers Institute

13

Hot Dog on Bun
Tri-Tater
Baked Beans
Applesauce

14

Pizza
Carrots
Salad
Mixed Fruit

15
18

Hamburger on Bun
Fries
Baked Beans
Peaches

19

Chicken Strips
Mashed Potatoes w/Gravy
Corn
Apricots

20

Toasted Ravs
Breaded Cheese Stick
Marinara
Salad
Pears

21

Tacos
Corn
Applesauce

22

Cold Ham & Cheese
Chips and Salsa
Raw Veggies
Mixed Fruit

25

Chicken Patty on Bun
Chips and Salsa
Green Beans
Pears

26

Salisbury Steak w/Gravy
Mashed Potatoes w/Gravy
Peas
Apple Crisp

27

Corn Dog
Tri-Tater
Baked Beans
Peaches

28

Chicken Strips
Alfredo Pasta
California Blend Veg.
Salad
Applesauce

29

Pizza
Carrots
Salad
Mixed Fruit

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)