



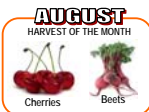
Monroe-Gregg M/H School Breakfast & Lunch Menu



**August
2010**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rise and Shine! Includes Fruit or Juice and Milk \$1.25	2 WELCOME BACK!				
	9	10	11	12	13
	16	17	18	19	20
	23	24	25	26	27
	30	31			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Includes Fruit, Vegetable, Milk \$2.15	2	3	4	5	6
	9	10	11	12	13
	16	17	18	19	20
	23	24	25	26	27
	30	31			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 A la Carte	2	3	4	5	6
	9	10	11	12	13
	16	17	18	19	20
	23	24	25	26	27
	30	31			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 A la Carte	2	3	4	5	6
	9	10	11	12	13
	16	17	18	19	20
	23	24	25	26	27
	30	31			

Menus subject to change without notice.



National Trail Mix Day (August 31st) features a high energy, tasty treat for the trail or snacks.

You can make up your own using the ingredients you like best. Combine cereal, nuts, pretzels, and dried fruit into a large bowl and then divide into small reusable containers (think green). Avoid messy items, such as chocolates, that leave your hands sticky.

Also avoid too many salty items. For example, unsalted nuts are better than salted ones.

Take the Trail Mix along with you when hiking or biking. It provides the extra energy boost to keep you from tiring along the way.



Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.



To check the balance in your account or for additional information, contact:
Mrs. Diriam
996-2246 ext. 4402

Milk Choice of 1%, Skim and 1% Chocolate is included with Lunch