

# August 2019

## Garrett County Board of Education—Food & Nutrition Elementary Breakfast & Lunch Menu

Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26 Hamburger or Turkey & Cheese Sandwich or Chicken Patty French Fries Italian Ice Baked Beans Milk Double Chocolate WG Muffin, Cereal, Raisins, Grape Juice, Milk	27 <u>Breakfast For Lunch</u> Pancakes & Sausage Patties or Turkey & Cheese Sandwich or Pizza Tater Tots Mixed Fruit Juice Cup Milk French Toast Sticks, Cereal, Applesauce Cup, Orange Juice, Milk	28 Breaded Chicken Fritter or Turkey & Cheese Sandwich or Chicken Nuggets Mashed Potatoes Pineapple Corn Milk Cereal Bar, Cereal, Banana, Fruit Juice, Milk	29 Frito Pie Salad w/Black Bean & Corn or Turkey & Cheese Sandwich or Corn Dog Carrot Sticks Chocolate Chip Cookie Peach Cup Milk Sausage Biscuit, Cereal, Mandarin Orange Cup, Orange Pineapple Juice, Milk	30 BBQ or Turkey & Cheese Sandwich or Pepperoni Panini Oven Roasted Potatoes Orange Wedges Cole Slaw Milk Yogurt, Cereal, Peach Cup, Apple Juice, Milk