



# August

## McGregor Child Nutrition Program Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <p>S - CHICKEN ON A BUN S - FIESTA BEAN BURRITO S - CHEESE PIZZA G - QUICK BAKED POTATOES G - STEAMED BROCCOLI G - TOSSED SALAD S - CHOCOLATE CHIP COOKIE</p>	<p>25</p> <p>S - CHICKEN SPAGHETTI S - CHICK NUG. BASKET S - PEPPERONI PIZZA G - TOSSED SALAD PEAS &amp; CARROTS G - W/ CORN G - CHILL SLICED PEACHES S - BANANA CAKE</p>	<p>26</p> <p>S - BURRITO W/ CHILICHS S - STEAK FINGER BASKET S - CHEESE PIZZA G - SEAS. PINTO BEANS G - TOSSED SALAD G - PINEAPPLE TIDBITS S - RICE KRISPY TREATS</p>	<p>27</p> <p>S - TOASTED CHEESE SAND. S - CHICK NUG. BASKET S - PEPPERONI PIZZA G - VEGETABLE SOUP G - FRESH VEG ETABLETICHS G - TOSSED SALAD G - CHILLED APPLE SAUCE</p>	<p>28</p> <p>S - HAMBURGER S - FISH FINGER BASKET S - CHEESE PIZZA S - FRENCH FRIES G - GELATIN W/ TOPPING</p>
<p>31</p> <p>S - HOT DOG S - COMBO BURRITO S - PEPPERONI PIZZA G - BAKED BEANS S - AUG RATIN POTATOES G - TOSSED SALAD G - STRAWBERRIES</p>				<p>Remember to complete a 2009-2010 Free and Reduced-Price Meal Application. You may pick one up at any McGregor I.S.D. Campus.</p>

Making Healthy Choices

### Lunch Meal Prices:

\$2.00 High School  
\$2.00 Middle School  
\$1.75 Elementary

### GOT MILK???

FRESH FRUIT & FRUIT JUICE  
OFFERED DAILY.  
WHICH ARE **GO** FOODS.

### September Monthly Meal Plan (21 Days)

Breakfast \$ 21.00  
Lunch \$ 36.75

**G - GO** Foods are foods that you can eat "almost anytime." These foods are lowest in fat.

**S - SLOW** Foods are "sometimes foods." These are foods that you can eat maybe a few times a week. These foods are higher in fat.

**W - WHOA** Foods are "once in a while foods." These are foods that you can eat on occasion but need to be combined with other GO foods. These foods are highest in fat.

Menu may be subject to change.

Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with state law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-4302 (TTY). USDA is an equal opportunity provider and employer.