

AUGUST 2022

Mescalero Apache School

BREAKFAST



School Information: Having breakfast with a whole grain and a fruit is a great way to give your body energy to start the day!



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

No School

1

No School

2

No School

3

No School

4

No School

5

Breakfast Pizza
Mixed Fruit
Milk

8

Pop Tarts
Mixed Fruit
String Cheese
Milk

9

Pancake on a stick
Mandarin Oranges
Milk

10

Breakfast Bars
Pears
Milk

11

No School

12

Breakfast Pizza
Mixed Fruit
Milk

15

Breakfast Burrito
Apple Sauce
Milk

16

Kolache Sausage
Peaches
Milk

17

Pancakes
Pears
Milk

18

No School

19

Cereal
Mixed Fruit
String Cheese
Milk

22

Sausage Biscuit
Apple Sauce
Milk

23

Omelet
Toast
Peaches
Milk

24

French Toast
Pears
Milk

25

No School

26

Strawberry Boli
Mixed Fruit
String Cheese

Breakfast Bars
Apple Sauce
Milk

Oatmeal
Peaches
Milk

31

**"This institution is
an equal opportunity
provider"**



AUGUST 2022

Mescalero Apache School

LUNCH

School Information: Welcome Back Everyone, let us make this school year great!



August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat and clean up together!



MONDAY

No School

1

TUESDAY

No School

2

WEDNESDAY

No School

3

THURSDAY

No School

4

FRIDAY

No School

5

Ravioli
Spinach
Peaches
Garlic Bread
Choice of Milk

8

Beef Nachos
Lettuce and Tomato
Beans
Corn and Squash
Apple Sauce
Choice of Milk

9

Cheeseburger
Lettuce and Tomato
Celery
Chips
Grapes
Choice of Milk

1

Pizza
Baby Carrots
Green Beans
Bananas and Strawberries
Choice of Milk

11

No School

12

Goulash
Broccoli
Mandarin Oranges
Garlic Bread
Choice of Milk

15

Chicken Taco Salad
Lettuce and Tomato
Beans
Corn and Squash
Grapes
Choice of Milk

16

Chicken Sandwich
Celery
Chips
Apple
Choice of Milk

17

Fried Chicken
Baby Carrots
Mashed Potatoes w/ Gravy
Strawberry and Bananas
Choice of Milk

18

No School

19

Lasagna Casserole
Spinach
Peaches
Garlic Bread
Choice of Milk

22

Indian Tacos
Lettuce and Tomato
Beans
Corn and Squash
Grapes
Choice of Milk

23

Posole
Celery
Crackers
Apple
Choice of Milk

24

Steak Fingers
Baby Carrots
Mashed Potatoes w/ Gravy
Strawberries and Bananas
Choice of Milk

25

No School

26

Chicken Alfredo
Broccoli
Peaches
Garlic Bread
Choice of Milk

29

Tamales
Beans
Corn and Squash
Grapes
Choice of Milk

30

Pulled Pork Sandwich
Celery
Chips
Apples
Choice of Milk

31

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