

# LUNCH

August 2014

RULE ISD

### Nutrition Tip

Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



\* monday

\* tuesday

\* wednesday

\* thursday

\* friday

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25  
 Chicken Fried Steak  
 Mashed Potatoes W gravy  
 Green Beans  
 Roll  
 Strawberry Cup Milk

26  
 Beef N Cheese Chalupas  
 W Tortilla chips Salsa  
 Refried Beans  
 Garden Salad  
 Applesause Milk

27  
 Pizza Choice  
 Garden Salad  
 California blend  
 Apple slices  
 Milk

28  
 Soft Beef Tacos  
 Baby carrots W/ Ranch  
 Salsa Seasoned corn  
 Orange Smiles  
 (HS) Tort. Chips Milk

29  
 Cheeseburger  
 W/HB Garnish  
 Zesty cucumber  
 Sweet Potato Fries  
 Sliced Peaches Milk