

August 2020

Type Your School Name Here

LUNCH



Holmes County High School



Nutrition Tip: 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!



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

3

4

5

6

7

10

11

12

13

14

17

18

19

20

21

Chicken Nuggets
Mashed Potatoes
Broccoli
Roll
Fruit

24

Hamburger
Fries
Lettuce/Tomato
Fruit

25

Taco Salad
Tortilla Chips
Lettuce
Corn
Fruit
Cookies

26

Cherry Blossom Chicken
Rice
Green Beans
Pudding
Fruit

27

Hot Dog
Chips
Baked Beans
Carrots with Ranch
Fruit

28

Pizza
Broccoli
Side Salad with Ranch Dressing
Fruit
Pudding

31



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