
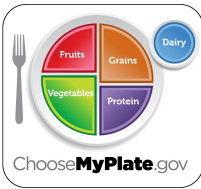




ELK CITY PUBLIC SCHOOLS  
MENU  
AUGUST 2019



| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |    |  |   |
|--|---|--|--|--|----|--|---|
| 29   | 30  | 31   | 1  | 2  |    |  |   |
|    |   |  |  |  |    |  |   |
|  |   |  |  |  | 7  | 8  | 9   |
|  |   |  |  |  | 14 | 15<br>French Toast Sticks w/ Syrup<br>Fruit Choice<br>Spaghetti<br>BreadStick<br>Fresh Salad w/ Ranch<br>Italian Veggies<br>Fruit Choice | 16<br>Muffin Choice<br>Fruit<br>Stuffed Crust Pizza<br>Corn<br>Carrots w/ Ranch<br>Fruit Choice |
| 19<br>Cheesy Scrambled Eggs w/ Bacon<br>Fruit Choice<br><br>Crispy Chicken Sandwich<br>Lettuce/Tomato/Pickles<br>Baby Carrots w/ Ranch<br>French Fries<br>Fruit Choice   | 20<br>Sausage & Cheese Biscuit<br>Fruit Choice<br><br>Steak Fingers<br>Scalloped Potatoes<br>Fresh Salad w/ Ranch<br>Hot Roll<br>Fruit Choice | 21<br>Breakfast Pizza<br>Fruit Choice<br><br>Chicken Nuggets<br>Green Beans<br>Mashed Potatoes w/ Gravy<br>Hot Roll<br>Fruit Choice  | 22<br>Cinnamon Roll<br>Applesauce<br><br>Rib Dippers w/ BBQ Sauce<br>Baked Beans<br>Fresh Salad w/ Ranch<br>Garlic Bread<br>Fruit Choice | 23<br>Pancakes w/ Syrup<br>Fruit Choice<br><br>Stuffed Cheese Sticks w/ Marinara<br>Broccoli Salad<br>Grape Tomatoes<br>Fruit Choice |    |  |   |
| 26<br>Yogurt and Granola<br>Fruit Choice<br><br>Galaxy Pizza<br>Glazed Carrots<br>Fruit Choice   | 27<br>Cheese Omelet w/ Salsa<br>Fruit Choice<br><br>Quesadilla<br>Brown Rice<br>Peas<br>Fresh Salad w/ Ranch<br>Fruit Choice                  | 28<br>Biscuit and Gravy<br>Fruit Choice<br><br>Chicken Strips<br>Green Beans<br>Mashed Potatoes w/ Gravy<br>Hot Roll<br>Fruit Choice | 29<br>French Toast Sticks w/ Syrup<br>Fruit Choice<br><br>Grilled Cheese<br>Fresh Salad w/ Carrot Sticks<br>Sun Chips<br>Fruit Choice    | 30<br><br><b>FREE FRIDAY!!</b>                  |    |  |   |
| <p>**VARIETY OF MILK AND 100% FRUIT JUICE OFFERED DAILY. MENUS ARE SUBJECT TO CHANGE. CEREAL AND TOAST ARE AVAILABLE DAILY FOR BREAKFAST.**<br/> **A "Grab and Go" option of a meat and cheese sandwich, fresh fruit and vegetable, and milk and juice are available daily at each site for lunch.**<br/> THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.</p> |   |  |  |  |    |  |   |