

# August 2019

## Greensburg High School



**Lunch Prices: \$2.65, Reduced: \$.40**

**Fruit and Milk Served with All Meals**

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



**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 up, and clean up together!



Reference: USDA MyPlate

### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

Salad Bar: Monday & Fridays  
Sandwich Bar: Tues & Thurs  
Baked Potato Bar: Wednesday

PBJ available every day.

Crispitos  
Refried Beans  
Chips  
Salsa

Country Fried Steak  
Mashed Potatoes w/Gravy  
Green Beans  
Carnival Cookie

5  
General Tso Chicken  
Asian Rice  
Roasted Vegetables

6  
Steak Bites  
Potato Spudsters  
Cooked Carrots  
Dinner Roll

7  
Chicken Patty Sandwich  
Cheesy Potatoes  
Green Beans

8  
Queso Blanco  
Mexican Rice  
Refried Beans  
Chips and Salsa

9  
Pizza  
Romaine Salad  
Warm Cinnamon Apples

12  
Chicken Alfredo  
Broccoli  
Garlic Bread

13  
Deluxe Hamburger  
Baked Beans  
Curley Fries

14  
Beef Nachos  
Mexican Rice  
Corn

15  
Salisbury Steak  
Carrots  
Mashed Potatoes  
Dinner Roll  
Carnival Cookies

16  
Grilled Cheese  
Tomato Soup  
Green Beans  
Crackers

19  
Beef & Cheese Quesadillas  
Refried Beans  
Salsa

20  
Walking Taco  
Roasted Black Beans and Corn  
Chips and Salsa

21  
Pulled Pork Sandwich  
Curly Fries  
Peas

22  
Chicken Tenders  
Macaroni & Cheese  
Cooked Carrots

23  
School House Pizza  
Romaine Salad  
Bread Stick  
Brownie

26  
Meatball Sub  
Waffle Fries  
Cooked Carrots

27  
Teriyaki Chicken  
Asian Rice  
Roasted Vegetables  
Fortune Cookies

28  
Chicken Burrito Bar  
Mexican Rice  
Refried Beans

29  
Pepperoni Calzone  
Broccoli  
Strawberry Dessert  
Marinara

30  
Cheesy Pasta  
Romaine Salad  
Breadstick  
Chocolate Chip Cookie