

AUGUST | 2019

East Holmes Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	No School	30	No School	31	No School	1	No School	2	No School
5	No School	6	No School	7	No School	8	No School	9	No School
12	No School	13	No School	14	No School	15	Culinary Techniques for Healthy School Meals class for all Food Service Personnel. Hiland High & Middle School Day One 8 AM – 4 PM	16	Culinary Techniques for Healthy School Meals class for all Food Service Personnel. Hiland High & Middle School Day Two 8 AM – 4 PM
19	Staff Inservice	20	<i>First Day of School</i> 1) Apple Jacks, Goldfish Cracker & Juice OR Cinn Minis & Fruit Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	21	2) Blueberry Muffin w/ String Cheese OR Sausage Gravy & Biscuit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	22	3) Trix Cereal w/ Cinnamon Grahams & Juice OR Apple Cinnamon Texas Toast Choice of Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	23	4) Egg & Bacon Pizza OR Pancake & Sausage on a Stick Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk
26	5) Cinnamon Pop-Tart w/ Graham Crackers & Juice OR Sausage & Biscuit Sandwich w/ Hashbrowns Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	27	6) Lucky Charms, Cinnamon Goldfish w/ Juice OR Cinni Minis & Fruit Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	28	7) Egg & Cheese Sandwich OR Sausage Gravy & Biscuit Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	29	8) Apple Turnover OR Pancake & Sausage on a Stick Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	30	9) Banana Muffin w/ String Cheese OR Apple Cinnamon Texas Toast Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk

News

Parents are important decision makers in the school environment. You want the best possible educational experience for your children. However, not every child is prepared to learn in the morning for various reasons, including lack of sleep, bussing schedules or lateness. Parents are also busier than ever with more and more working outside the home. One way to prepare these students for a successful day at school and help parents is for schools to provide breakfast. Breakfast is offered every morning for 30 minutes prior to the first bell. Free and Reduced students eat for Free. Full Price students - \$1.50. Adults - \$2.00

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19	Staff Inservice	20	1) Maple Glazed French Toast Sticks w/ Sausage Links OR choice from Grab & Go Menu (See Sidebar) Hot Cinnamon Apples Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	21	2) Cheese Mozzarella Bread w/ Marinara Dipping Sauce OR choice from Grab & Go Menu (see sidebar) Steamed Broccoli & Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	22	3) Pepperoni Pizza OR choice from Grab & Go Menu (See Sidebar) Mixed Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	23	4) Popcorn Chicken w/ Teddy Grahams OR choice from Grab & Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
26	5) Walking Tacos OR Loaded Nachos OR choice from Grab & Go Menu (See Sidebar) Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	27	6) Twisted Toasted Cheese OR choice from Grab & Go Menu (See Sidebar) Tomato Soup Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	28	7) Hotdog, Sloppy Joe, Coney OR choice from Grab & Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	29	8) Chicken Fries OR choice from Grab & Go Menu (See Sidebar) Country Trio Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	30	9) Cheese Pizza OR choice from Grab & Go Menu (See Sidebar) Green Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice

Grab & Go Meals

We understand that all children may not like what our special of the day is so we have optional meals every day. If our hot item of the day does not suit our customer they can choose one of the following entrees:

Option A: Peanut Butter & Grape Jelly Uncrustable w/ String Cheese & Goldfish Crackers.

Option B: Trix Strawberry Yogurt w/ Granola, String Cheese & Goldfish Crackers.

The following meal options need to be ordered a day ahead:

Chef Salad, Fruited Yogurt Parfait or Ham and Cheese Sandwich.

Please see your teacher or lunch lady for details.

Reduced - \$0.40

Elementary - \$2.75

Hiland 7-12 - \$3.10

Adult - \$3.60