

**You're now
entering . . .**



**Healthy Meals
for Healthy
Appetites**

*Daily we offer
additional entrée choices
on the
American Grill*

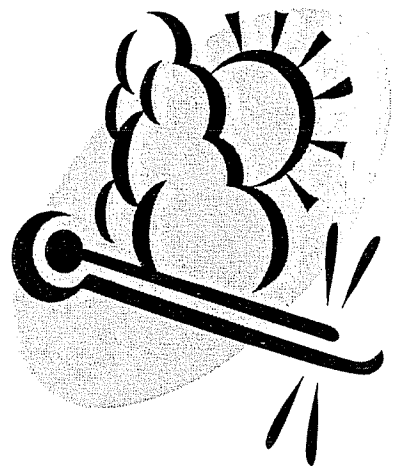
*Every Wednesday & Friday
We offer a
-Chef Salad
(Heart Healthy Selection)*

Whiteside Middle School

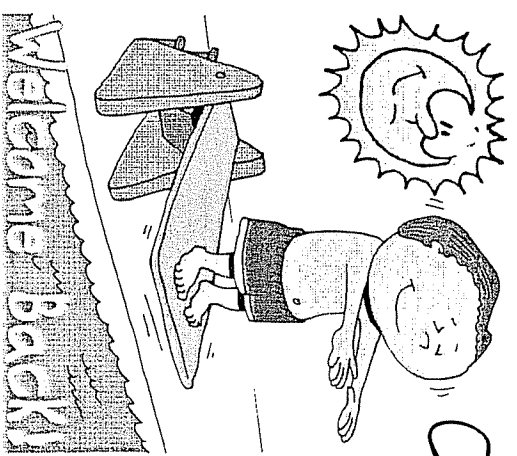
August, 2005

School Menu for August 2005

Federal law prohibits discrimination because of race, color, sex, age, national origin or disability. Any person who believes he or she has been discriminated against in any USDA-related activity should write to: Administrator, Food and Nutrition Service, 3101 Park Center Drive, Alexandria, Virginia 22302.



<p>Friday, Aug. 26</p> <p>Breakfast Scrambled Eggs with Toast</p> <p>Lunch Hot Dog on Bun Or Salami & Cheese Sandwich French Fries Shope Up Cold Milk</p>	<p>Monday, Aug. 29</p> <p>Breakfast Funnal Cake with Powdered Sugar</p> <p>Lunch Pepperoni Pizza Or Ham & Cheese on Bun Green Beans Chilled Peaches Cold Milk</p>	<p>Tuesday, Aug. 30</p> <p>Breakfast Bagel with Cream Cheese</p> <p>Lunch Chicken Nuggets with a Slice of Bread Or BBQ Rib Sandwich Carrot Coins Chilled Peas Cold Milk</p>	<p>Wed, Aug. 31</p> <p>Breakfast French Toast Sticks with Syrup</p> <p>Lunch Meatball Sandwich Or Sub Sandwich Crisp Potato Rounds Mixed Fruit Pudding Cup Cold Milk</p>	<p>Monday, Aug. 22</p> <p>Breakfast Pop Tart Single</p> <p>Lunch Cheese Pizza Or Corn Dog Seasoned Green Beans Pineapple Tidbits Granola Bar Cold Milk</p>	<p>Tuesday, Aug. 23</p> <p>Breakfast Chocolate Iced Donut with Sprinkles</p> <p>Lunch Beef & Bean Burrito Or Baked Potato with Butter & Cheese Chili Topping Tossed Salad Mixed Fruit Cold Milk</p>	<p>Wed, August 24</p> <p>Breakfast Fluffy Pancakes with Syrup</p> <p>Lunch Chicken Patty on Bun Or Bologna & Cheese Sandwich Whole Kernel Corn Orange Jell-O Cold Milk</p>	<p>Thurs., August 25</p> <p>Breakfast Biscuit & Sausage Gravy</p> <p>Lunch Spaghetti & French Bread Or Fish Sandwich Sweet Green Peas Chilled Peach Slices Cold Milk</p>
--	--	--	---	---	--	---	---



*Come on in -
the water
is fine!*

*Summer vacation might be
over, but the fun's not
done yet! We're here to
serve you, so please enjoy!*