

August 2020

Clark School District

LUNCH



All lunches are served with milk.
All Breakfasts are served with fruit, juice and milk
Menus are subject to change.



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

Scalloped Potatoes and Ham
Veggies/Bread and Butter

24

Chicken Patty/WG Bun
Veggies

25

Spaghetti and Meat sauce
Breadstick/Veggies

26

Taco Bar

27

Hamburgers/WG Bun
Roasted Potatoes

28

Chicken Nuggets
Mashed Potatoes/Gravy
Bread and butter

31

Ham Patty/WG Bun
Nachos
Veggies

1

Chicken Tenders
Rotini/Veggies
Bread and Butter

2

Chicken Alfredo
Breadstick
Veggies

3

Super Nachos

4

