

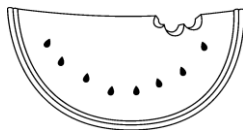
August 2016

Klondike Lunch & Breakfast Menu

A variety of milks, juices & fruits offered daily with breakfast. A variety of milks & fruits offered daily with lunch.

This institution is an equal opportunity provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Sausage Kolache/Yogurt or Cocoa Puffs/Toast <i>Country Fried Steak, Gravy, Mashed Potatoes, Green Beans, Strawberry Cup, Roll</i>	23 Cheese Omelet Wrap or Breakfast Strudel/Ch. Stick <i>Meat & Ch. Tostada, Sp. Rice, Salsa, Zesty Cucumbers, Refried Beans, Lettuce & Tomato Garnish, Rosy Applesauce</i>	24 Breakfast Pizza or Blueberry Muffin/Yogurt <i>Chicken Spaghetti, Breadsticks, Salad, Peas & Carrots, Orange Smiles</i>	25 Cinnamon Roll/Bacon or Breakfast Round/Yogurt <i>Frito Pie, Baby Carrots, Mexicali Corn, Salsa, Lettuce & Tomato Garnish, Peaches, Cookie</i>	26 Waffles/Sausage or Mini Wheats/Toast <i>Hamburger/Ch. Burger, HB Garnish, Coleslaw, Oven Fries, Apple Slices</i>	27
28	29 Pancakes/Bacon or Breakfast Round/Yogurt <i>Corn Dogs, Tots, Baked Beans, Broccoli Bites, Apple-Pineapple D'Lite</i>	30 Sunrise Sandwich or PBJ <i>Nacho Grande, Refried Beans, Lettuce & Tomato Garnish, Salsa, Cucumber Dippers, Tiny Tomato Cup, Seasonal Fruit, Lime/Raspberry Sherbet Cup</i>	31 Biscuit/Gravy/Scr. Eggs/Sausage or Lucky Charms/Toast <i>X-Treme Burrito, Salsa, Seasoned Corn, Lettuce & Tomato Garnish, Mandarin Oranges</i>	Sept. 1 Breakfast Burrito/Hash Browns or Choc. Chip Muffins/Yogurt <i>Salisbury Steak, Biscuit, Brown Gravy, Roasted Potatoes, Salad, Fruity Gelatin</i>	Sept. 2 Oatmeal/Cinn. Toast or PBJ <i>Hot Dog or Chili Dog, Corn Chips, Baby Carrots, Crunchy Broccoli Salad, Fresh Grapes, Cookie</i>	



Watermelon & Tomato Month

Did you know that watermelon can be considered a fruit or a vegetable! How to pick a good watermelon – A hard watermelon with a dull appearance and a dark yellow spot on it is sure to be a winner. The dull appearance means that it has ripened in the sun and the darker the color of yellow spot, the longer it was on the vine sweetening up! Watermelons are 92% water.

Tomatoes are fruits and can be eaten raw or cooked. There are green, yellow, orange, pink, black, brown, white and even purple tomatoes. Tomatoes have nearly a third of your recommended daily intake of Vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Joke of the Month

How do you fix a broken tomato?

Tomato Paste