

USD 504 AUGUST 2007 MENU

<p>Menu is subject to change without notice depending on availability of items listed.</p>	<p>Every meal is served with choice of 2% white milk or chocolate skim milk.</p>		<p>Grades 6-12 may have cereal every day. Grades K-5 have cereal as listed on menu.</p>	<p>Juice is served at breakfast on Monday, Wednesday & Friday. Fruit will be served on Tuesday & Thursday.</p>
<p>This institution is an equal opportunity provider.</p>	<p>Neosho Heights, OMS & OHS are offered a salad bar featuring a variety of vegetables and fruits every day except special occasion menus.</p>		<p>Aug. 16 BREAKFAST: Breakfast pizza & juice LUNCH: Ham & cheese sandwich, chips, lettuce, tomato, pickle & onion, pineapple chunks, cookie</p>	<p>Aug. 17 BREAKFAST: Pancake & sausage on a stick OR cereal LUNCH: Stuffed crust pizza, corn, tossed salad, peaches & pears</p>
<p>Aug. 20 BREAKFAST: Combo bar, cereal LUNCH: Macaroni & cheese, little smokies, green beans, applesauce, wheat roll</p>	<p>Aug. 21 BREAKFAST: Toast & jelly, cereal, fresh fruit LUNCH: Tacos, seasoned corn, pineapple rings, maple bar</p>	<p>Aug. 22 BREAKFAST: Biscuit & gravy LUNCH: Cheeseburger, French fries, lettuce, tomato, pickle & onion, fruit cup, rice krispy treat</p>	<p>Aug. 23 BREAKFAST: Breakfast pizza & fruit LUNCH: Chicken patty, whipped potatoes & gravy, fresh fruit, pumpkin bread</p>	<p>Aug. 24 BREAKFAST: Sausage & biscuit OR cereal LUNCH: Cheesy bacon potato soup, build your own chef salad, pears, chocolate sheet cake</p>
<p>Aug. 27 BREAKFAST: Combo bar, cereal LUNCH: Chicken strips, whipped potatoes & gravy, Mandarin oranges, wheat roll</p>	<p>Aug. 28 BREAKFAST: Pop tarts, cereal, fresh fruit LUNCH: Lasagna, garden salad, pear halves, Italian bread</p>	<p>Aug. 29 BREAKFAST: Biscuit & gravy LUNCH: Pig in a blanket, cheesy potatoes, green beans, pineapple, cookie</p>	<p>Aug. 30 BREAKFAST: Breakfast pizza & fresh fruit LUNCH: Smoked turkey sandwich, lettuce, tomato & pickle, Susie Q's, Honey apple crisp</p>	<p>Aug. 31 BREAKFAST: Scrambled eggs & toast OR cereal LUNCH: Chili crispito, bean dip & chips, corn, strawberry shortcake</p>
<p>Although families differ, there are some things that all parents have in common: They want their children to be healthy, to grow and to learn.</p>	<p>Most of us know that nutrition is important for health and growth. Now scientists are showing that nutrition, particularly breakfast, helps kids learn.</p>	<p>IT'S A FACT: Kids who eat breakfast seem to have an easier time learning than kids who don't eat breakfast. Able to concentrate, make fewer errors, score higher on tests.</p>	<p>IT'S A FACT: Kids who eat breakfast are more likely to be <u>in</u> school than non-breakfast eaters. Less likely to be absent, late or sitting in nurse's office with stomachache or headache.</p>	<p>IT'S A FACT: Kids who eat breakfast behave better in school than hungry kids. Fewer fights, fewer discipline problems, more cooperative, get along better with classmates.</p>