

# August 2016

## Winona Area Public Schools



### SUMMER FOOD SERVICE PROGRAM **Winhawk Rolling Summer Cafe**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday

PB&J or Sunbutter & Jelly Sandwich  
String Cheese  
Veggies/Fruit  
Milk **1**

Deli Sandwich  
Chips or Snack Crackers  
Veggies/Fruit  
Milk **2**

Hoagie Sandwich  
Chips or Snack Crackers  
Veggies/Fruit  
Milk **3**

PB&J or Sunbutter & Jelly Sandwich  
String Cheese  
Veggies/Fruit  
Milk **4**

Make Your Own Pizza  
Veggies  
Fruit  
Milk **5**

Hoagie Sandwich  
Chips or Snack Crackers  
Veggies/Fruit  
Milk **8**

Deli Sandwich  
Chips or Snack Crackers  
Veggies/Fruit  
Milk **9**

Make Your Own Pizza  
Veggies  
Fruit Choices  
Milk **10**

PB&J or Sunbutter & Jelly Sandwich  
String Cheese  
Veggies/Fruit  
Milk **11**

Muffin & Grahams  
Yogurt  
String Cheese  
Veggies/Fruit  
Milk **12**

PB&J or Sunbutter & Jelly Sandwich  
String Cheese  
Veggies/Fruit  
Milk **15**

Deli Sandwich  
Chips or Snack Crackers  
Veggies/Fruit  
Milk

Hoagie Sandwich  
Chips or Snack Crackers  
Veggies/Fruit  
Milk **17**

PB&J or Sunbutter & Jelly Sandwich  
String Cheese  
Veggies/Fruit  
Milk **18**

Make Your Own Pizza  
Veggies  
Fruit  
Milk **19**

Hoagie Sandwich  
Chips or Snack Crackers  
Veggies/Fruit  
Milk **22**

Deli Sandwich  
Chips or Snack Crackers  
Veggies/Fruit  
Milk **23**

Make Your Own Pizza  
Veggies  
Fruit Choices  
Milk **24**

PB&J or Sunbutter & Jelly Sandwich  
String Cheese  
Veggies/Fruit  
Milk **25**

Muffin & Grahams  
Yogurt  
String Cheese  
Veggies/Fruit  
Milk **26**

**29**  
MENUS ARE SUBJECT TO CHANGE

**30**  
USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

**31**

