

-2023-

# AUGUST

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

1	2	3	4
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

## Go Like the Wind Montessori

Breakfast and Lunch FREE for 4 year-old Primary and K-6 Students. 3 year-old Primary Students Will Receive a Free Breakfast and May Purchase Lunch.

Lunch \$1.50

Breakfast includes Milk, Fruit and Juice

M – Cereal Bar and Mixed Fruit

T – Yogurt and Pears

W - Bagel/Cream Cheese and Apple

Th – Wg Muffin and Applesauce

Lunch includes Milk

Available as an alternative to our main Entrée,

One offered each day:

Soy Butter & Jelly

Deli Sandwich

Charcuterie Boxes

Nacho & Cheese

Fresh Salad

½ Day Breakfast Only

Chicken Patty Sandwich  
Cheese, Lettuce  
Baked Beans  
Strawberry Cup

Salisbury Steak  
Mashed Potato/Gravy  
Wg Rolls  
Fresh Cucumber  
Country Apples

Hot Dog on Wg Bun  
Oven Fries  
Carrot Sticks  
Pineapple