

--LONE OAK ISD--

High School BREAKFAST

Special Announcements:

Aug 21—Welcome Back!

Daily Breakfast Meal
Includes Choice of:
1% White OR FF Choc Milk
100% Fruit Juice
Canned, Dried OR Fresh Fruit
All Bread items are Whole Grain

Adult Breakfast--\$2.50
Paid Breakfast--\$1.75
Extra Milk--\$0.50
Reduced Breakfast--\$0.30

Menus subject to change based on availability

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 National Cotton Candy Day	01 Put together a puzzle	02 National Ice Cream Sandwich Day	03 National Watermelon Day	04 Create a collage with pictures from magazines	05 Make a summer scrapbook	06 National Root Beer Float Day
07 Raspberries and Cream Day	08 Get out the soap and wash the car	09 Visit the zoo	10 National S'mores Day	11 Sports Day Play your favorites	12 Have a Family Slumber party	13 Play frisbee
14 National Creamsicle Day	15 National Lemon Meringue Pie Day	16 Have a sidewalk chalk art contest	17 Try a new recipe	18 Build something out of popsicle sticks	19 National Soft-Serve Ice Cream Day	20 National Bacon Lovers Day
21 Muffin & Yogurt OR Cereal & Yogurt	22 Eggstravaganza & Tortilla OR Bagel & Cream Cheese OR Cereal	23 Mini Cinnis OR Parfait/Smoothie OR Cereal	24 French Toast Sticks & Sausage OR Pancake on Stick OR Cereal w/Yogurt	25 Pop Tart & Yogurt OR Cereal & Yogurt	26 National Cherry Popsicle Day	27 Lyndon Baines Johnson Day
28 Cinnamon Roll OR Cereal W/Yogurt	29 Skillet Omelet & Tortilla OR Powdered Donut OR Cereal	30 Mini Pancakes & Sausage OR Parfait/Smoothie OR Cereal	31 Kolache OR Taco Wrap OR Cereal W/Yogurt	01 Breakfast Pizza OR Cereal	02 National "Grits for Breakfast" Day	03 Make cookies and take to a neighbor
04 Labor Day No School	05 Eggstravaganza & Tortilla OR Bagel & Cream Cheese OR Cereal	06 Mini Cinnis OR Parfait/Smoothie OR Cereal	07 French Toast Sticks & Sausage OR Pancake on Stick OR Cereal w/Yogurt	08 Pop Tart & Yogurt OR Cereal & Yogurt	09 Build a fort	10 National Hot Dog Day

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**High School
 BREAKFAST**



Special Announcements:

Sept 4—Labor Day – No School

**Daily Breakfast Meal
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 1% White OR FF Choc Milk
 100% Fruit Juice
 Canned, Dried OR Fresh Fruit
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 Paid Breakfast--\$1.75
 Extra Milk--\$0.50
 Reduced Breakfast--\$0.30**

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**September
 2017**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 Cinnamon Roll OR Cereal W/Yogurt	29 Skillet Omelet & Tortilla OR Powdered Donut OR Cereal	30 Mini Pancakes & Sausage OR Parfait/Smoothie OR Cereal	31 Kolache OR Taco Wrap OR Cereal W/Yogurt	01 Breakfast Pizza OR Cereal	02 National "Grits for Breakfast" Day	03 Make cookies and take to a neighbor
04 Labor Day No School	05 Eggstravaganza & Tortilla OR Bagel & Cream Cheese OR Cereal	06 Mini Cinnis OR Parfait/Smoothie OR Cereal	07 French Toast Sticks & Sausage OR Pancake on Stick OR Cereal w/Yogurt	08 Pop Tart & Yogurt OR Cereal & Yogurt	09 Build a fort	10 National Hot Dog Day
11 Cinnamon Roll OR Cereal W/Yogurt	12 Skillet Omelet & Tortilla OR Powdered Donut OR Cereal	13 Mini Pancakes & Sausage OR Parfait/Smoothie OR Cereal	14 Kolache OR Taco Wrap OR Cereal W/Yogurt	15 Breakfast Pizza OR Cereal	16 National Cinnamon-Raisin Bread Day	17 Be an artist and paint a picture
18 Muffin & Yogurt OR Cereal & Yogurt	19 Eggstravaganza & Tortilla OR Bagel & Cream Cheese OR Cereal	20 Mini Cinnis OR Parfait/Smoothie OR Cereal	21 French Toast Sticks & Sausage OR Pancake on Stick OR Cereal w/Yogurt	22 Pop Tart & Yogurt OR Cereal & Yogurt	23 Celebrate with friends and family	24 Start a water fight
25 Cinnamon Roll OR Cereal W/Yogurt	26 Skillet Omelet & Tortilla OR Powdered Donut OR Cereal	27 Mini Pancakes & Sausage OR Parfait/Smoothie OR Cereal	28 Kolache OR Taco Wrap OR Cereal W/Yogurt	29 Breakfast Pizza OR Cereal	30 Do some star gazing	01 Make smoothies for breakfast
02 Muffin & Yogurt OR Cereal & Yogurt	03 Eggstravaganza & Tortilla OR Bagel & Cream Cheese OR Cereal	04 Mini Cinnis OR Parfait/Smoothie OR Cereal	05 French Toast Sticks & Sausage OR Pancake on Stick OR Cereal w/Yogurt	06 Pop Tart & Yogurt OR Cereal & Yogurt	07 Make your own bubbles and blow them	08 Pack a picnic lunch