



### WELCOME BACK!

Elk City Child Nutrition is excited for the new school year—we hope you are too!  
**\*\*MEALS ARE FREE FOR ALL STUDENTS.**



**August is Family Meals Month!** Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat and clean up together!

Reference: USDA MyPlate

## MONDAY

2

## TUESDAY

**National Watermelon Day**

3

## WEDNESDAY

4

## THURSDAY

5

## FRIDAY

**National Rootbeer Float Day**

6

**WE CAN'T**

9

**WAIT TO**

10

**SEE YOU!**

11

Mozzarella Stuffed Cheese Sticks w/ Marinara  
 Cali Veggies  
 Assorted Fruit

12

Corn Dog  
 Crinkle Cut Fries  
 Baked Beans  
 Assorted Fruit

13

Chicken Nuggets  
 Green Beans  
 Scalloped Potatoes  
 Hot Roll  
 Assorted Fruit

16

Cheese Nachos  
 Fresh Salad  
 Chili Beans  
 Assorted Fruit

17

Big Elk Burger  
 Corn  
 French Fries  
 Pickle Spear  
 Assorted Fruit

18

Mac & Cheese  
 Lil' Smokies  
 Dinner Roll  
 Peas  
 Assorted Fruit

19

Stuffed Crust Pepperoni Pizza  
 Broccoli w/ Cheese  
 Fresh Side Salad w/ Ranch  
 Assorted Fruit

20

Steak Fingers  
 Mashed Potatoes w/ Gravy  
 Corn  
 Hot Roll  
 Assorted Fruit

23

**National Waffle Day**  
 Chicken N' Waffles  
 Mac and Cheese  
 Carrot & Celery Sticks  
 Assorted Fruit

24

Chef Salad w/ Ham & Cheese  
 Breadstick  
 Assorted Fruit

25

Beef Tacos  
 Lettuce & Tomatoes  
 Refried Beans  
 Mexican Corn  
 Assorted Fruit

26

Mini Corn Dogs  
 Baked Beans  
 Cherry Tomatoes & Fresh Broccoli  
 Assorted Fruit

27

Chicken Drumsticks  
 Green Beans  
 Biscuit  
 BBQ Sauce  
 Assorted Fruit

30

Taco Salad  
 Ground Beef & Shredded Cheese  
 Tortilla Chips & Salsa  
 Assorted Fruit

31

**This institution is an equal opportunity provider. Menus are subject to change.**

