

AUGUST 2021

NATIONAL TRAIL K-12

LUNCH



School Information: All students are eligible to receive 1 free breakfast & 1 free lunch during the Covid 19 pandemic.



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

National Trail is an Equal Opportunity Employer

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#ItsBETTERtoBeaBLAZER

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Pizza
Vegetable Choice
Fruit/Milk
Ala carte K-6: Mini Corndogs
7-12: Chicken Sandwich

19

Chicken Patty Sandwich
Green Beans
Fruit/Milk
Ala Carte K-6: Pizza
7-12: Tenderloin

20

Pancakes
Hasbrow/Sausage
Juice/ Milk
Ala Carte K-6: Chicken Chunks
7-12: Rib BQ

23

Chicken Tenders
Green Beans
Fruit/ Milk
Ala Carte K-6: Crispito
7-12: Crispito

24

Pizza
Steamed Broccoli
Fruit/ Milk
Ala Carte K-6: Hotdog
7-12: Grilled Chicken

25

Soft Taco
Sweet Corn
Fruit/ Milk
Ala Carte K-6: Mini corndogs
7-12: Tenderloin

26

Tenderloin Sandwich
Baked Fries
Fruit/Milk
Ala Carte K-6: Pizza
7-12: Chicken Sandwich

27

French Toast Sticks
Hashbrown/ Sausage
Juice/Milk
Ala Carte K-6: Chicken Chunks
7-12: Rib BQ

30

ChickenPatty
Tatortots
Fruit/Milk
AlaCarteK-6:Crispito
7-12: Crispito

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