

Ware Shoals Elementary-Middle August 2021



Monday	Tuesday	Wednesday	Thursday	Friday
2 Country Fried Steak Or Roasted Chicken Both Come With Whole Grain Dinner Roll Chicken Gravy Black-Eyed Peas Creamy Mashed Potatoes Choice Of Fruit Slushy Diced Cantaloupe Apple Half Ketchup Variety Milk	3 Cheese Sticks with Marinara Sauce Corn Tossed Salad Choice of Dressing Strawberry Cup Fruit Cocktail Or Chef Salad With Ham Choice of Fruit or Vegetable *Variety Milk	4 Corn Dog Or Turkey And Cheese On Bun Both Come With Seasoned Curly Fries Baked Beans Fresh Orange Slices Sliced Peaches Variety Milk	5 Chicken Nuggets Or Toasted Cheese Sandwich Both Come With Sweet Waffle Fries Breaded Okra Grapes Apple Half Variety Milk	6 Spaghetti Bake Breadstick Or Yogurt With Graham Crackers Both Come With Garden Salad Tomatoes & Cucumbers Steamed Broccoli Choice of Dressing Pear Halves Pineapple Tidbits Variety Milk
9 Chicken Philly Sandwich Or Meatball Sub Both Come With Garden Salad Grape Tomatoes Corn On The Cob Onions And Peppers Choice of Dressing Fresh Orange Slices Pear Slices Variety Milk	10 Hot Dog with Chili on Bun Or Turkey And Cheese On Bun Both Come With Baked Beans Cole Slaw Applesauce Cup Grapes Variety Milk	11 Cheese Pizza Or Yogurt With Graham Crackers Both Come With Corn Tossed Salad Choice of Dressing Pineapple Tidbits Sliced Peaches Variety Milk	12 Sausage, Toast And Grits With Cheese Or Toasted Cheese Sandwich On Bun Both Come With Tater Tots Tomato Slices Orange Juice Diced Cantaloupe Grape Jelly Variety Milk	13 Chili/Bake Potato And A Dinner Roll Or Yogurt With Graham Crackers Both Come With Tossed Salad Broccoli & Cheese Choice of Dressing Apple Half Mandarin Oranges Margarine Cup Variety Milk
16 Chicken Fajita Or Ham And Cheese On Bun Both Come With Lettuce And Tomato Onions And Peppers Refried Beans Apple Half Pear Slices Variety Milk	17 Cheese Sticks with Marinara Sauce Corn Tossed Salad Choice of Dressing Applesauce Cup Strawberries And Bananas Variety Milk Or Chef Salad With Ham Choice of Fruit or Vegetable *Variety Milk	18 Chicken Sandwich Or Toasted Cheese Sandwich Both Come With Lettuce And Tomato Cup Potato Chip Carrot Cup With Dip Fruit Cocktail Mandarin Oranges Variety Milk	19 Chicken Nuggets With A Dinner Roll Or Yogurt With Graham Crackers Both Come With Tater Tots Cucumber Cup with Dip Fresh Orange Slices Pineapple Tidbits Variety Milk	20 Corn Dog Or Turkey And Cheese On Bun Seasoned Curly Fries Cole Slaw Apple Half Sliced Peaches Apple Half Milk
23 Mandarin Orange Chicken With a Breadstick Brown Rice Or Ham And Cheese On Bun Both Come With Broccoli & Cheese Carrot Cup Fresh Orange Slices Pear Slices *Variety Milk	24 Chili With Cheese Breadstick French Fries Green Beans Banana Strawberry Cup Variety Milk Or Chef Salad With Chicken Choice of Fruit or Vegetable *Variety Milk	25 Cheese Pizza Or Yogurt With Graham Crackers Both Come With Corn Tossed Salad Choice of Dressing Pineapple Tidbits Peach Cup *Variety Milk	26 Teriyaki Steak Nuggets With A Dinner Roll Or Turkey And Cheese On Bun Both Come With Creamy Mashed Potatoes Lima Beans Gravy Grapes Fruit Cocktail *Variety Milk	27 Chili/Bake Potato And A Dinner Roll Or Yogurt With Graham Crackers Both Come With Tossed Salad Broccoli & Cheese Apple Half Mandarin Oranges Margarine Cup Choice of Dressing *Variety Milk
30 Cheeseburger Lettuce And Tomato Cup Sweet Potato Fries Steamed Broccoli Apple Half Pear Slices Variety Milk Or Chef Salad With Ham Choice of Fruit or Vegetable *Variety Milk	31 Chicken Philly Sandwich Or Toasted Cheese Sandwich Both Come With Garden Salad Grape Tomatoes Corn On The Cob Onions And Peppers Mandarin Oranges Strawberry Cup *Variety Milk	*Variety Milk offered daily 1% White Milk Fat Free Chocolate Milk Fat Free Strawberry Milk Fat Free Vanilla Milk 	WSSD51 will provide FREE MEALS to all students enrolled in our District utilizing the Seamless Summer Option Program	