Basilica School of Saint Paul
Menus for August 2018

Our Charism-
"Shining And Sharing The Light of Truth"

Families Making the Connection

Kids Eat Right

August is *Kids Eat Right Month*! *Kids Eat Right Month* encourages children and their families to eat healthy and be active. Families can shop smart, cook healthy and eat right together.

Shop Smart—Let your kids help with planning menus and shopping for food.

Cook Healthy—Involve your child in preparing meals and snacks.

Eat Right—Sit down together as a family to enjoy a tasty, healthy meal.

Get Moving—Be active together as a family. Kids should be active at least 60 minutes a day. Regular physical activity can strengthen bones and muscles, promote a healthy weight, support learning, develop social skills and build self-esteem.

Build Healthy Habits—Set a good example to help kids form healthy habits. Be active every day. Fill half your plate with fruits and veggies, make at least half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and choose options lower in sodium, fat and sugar.

Parents are required to have 20 volunteer hours per school. Volunteering in Panther Café is an excellent way to pick up on a few hours. For more information call Ms. Robinson in Panther Café.

	Welcome Back Students	Have A Blessed School Year	KIDS eat right.	
Monday, August 6	**Tuesday, August 7**	**Wednesday, August 8**	**Thursday, August 9**	**Friday, August 10**
		B: Assorted Cereal Cinnamon Toast (1) Fresh Fruit L: Pepperoni Pizza Tossed Salad Fruit Juice 1st Day Of School	B: Breakfast Pizza Juice L: Cheesy Pasta A Roni Banana Garlic Toast	B: Turkey Sausage Toast Apple Jelly L: Cheese Pizza Carrots w/ Ranch Sliced Apple
Monday, August 13	**Tuesday, August 14**	**Wednesday, August**	**Thursday, August**	**Friday, August 17**
B: Lucky Charms String Cheese Fruit Juice or Orange Slices L: Beef Hot Dog w/ Bun	B: Pancake Turkey Sausage Fruit Juice L: NACHO TUESDAY , (w/ Cheese, Sour Cream, and Salsa)	B: Breakfast Pizza Fruit Juice L: Fish Sticks Mac and Cheese Green Beans	B: Pancake on a Stick, Fruit Juice L: Battered Chicken Tenders Green Beans Fresh Tropical Fruit	B: Breakfast Pizza Fruit Juice L: Cheese Pizza Celery Juice
Monday, August 20	**Tuesday, August 21**	**Wednesday, August**	**Thursday, August**	**Friday, August 24**
B: Cinnamon Toast Yogurt Fruit L: Cheese Burger Corn Strawberries w/ Whipped Topping	B: Chicken Biscuit Fruit Juice L: Lasagna Broccoli Fresh Assorted Fruit	B: Breakfast Pizza Fruit Juice L: Fish Sticks Mac and Cheese Green Beans	B: Assorted Cereal String Cheese Fresh Banana L: Cheesy Bread Sticks w/ Marinara Tossed Salad w/ Fresh Corn	B: Yogurt w/ Granola Fresh Berries L: Cheese Pizza Carrot Sticks Pineapple Orange Juice
Monday, August 27	**Tuesday, August 28**	**Wednesday, August 29**	**Thursday, August 30**	**Friday, August 31**
Cinnamon Toast (1) Fresh Fruit L: Pepperoni Pizza Tossed Salad Fruit Juice	B: Assorted Cereal Fruit Juice String Cheese L: Beef A Roni Garlic Toast Corn Juice	B: Yogurt Fruit Cup Granola L: Chicken and Waffles Sweet Potato Waffle Fries Fruit Juice	B: Open Breakfast Bar L: Cheese Pizza Cookie Celery Fruit Juice	All Meals Are Served with a choice of 1% white or Fat Free Chocolate Milk -No School -