ST. ANSGAR COMMUNITY SCHOOLS BREAKFAST and LUNCH

AUGUST 2023

GRAB GO OFFERED EVERY DAY AT MIDDLE SCHOOL and HIGH SCHOOL

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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY SAT
6					
13				000	18 19
20	- 0	22	23 Biscuit & Sausage Gravy Assorted Juice	24 Dutch Waffle or Breakfast Bar Assorted Juice	25 26 Assorted Donuts Assorted Juice
5	MAT		French Bread Pizza Seasoned corn Cucumber/Tomato Salad Assorted Fresh Fruit	Teriyaki Chicken Brown Rice Sauted Oriental Vegetables Peaches	Cheeseburger French Fries Cole Slaw Assorted Fresh Fruit
27	28 Assorted Frudels/Burrito Assorted Juice	29 Sc. Egg, Sausage, Hashbrown, Toast Assorted Juice	Saints Breakfast Bowl Assorted Juice	31 Bkfst Pizza/BB Waffle Assorted Juice	Back to School
	Mike's Bites Seasoned Corn Baby Carrots Applesauce	Walking Taco Refried Beans Lettuce/Tomato/Cheese Fresh Fruit	Lasagna Roll/Sauce Normandy Blend Lettuce Salad Peaches	Chicken Patty on Bun Mashed Potatoes Fresh Broccoli Fresh Fruit	
	1% White Milk and Chocolate Skim are offered Daily for both Breakfast and Lunch	HS/MS GRAB & GO LUNCH PBJ & CHEESE STICK CHEF SALAD LUNCH PARFAIT DELI SANDWICH		PLEASE KEP YOUR MEAL ACCOUNT CURRENT. MENU SUBJECT TO CHANGE. THANK YOU!	GRAB & GO BREAKFAST Will begin Tuesday, September 6.

This insitituition is an equal opportunity provider. A dark green leafy vegetable is provided once a week.