

# Essex County Public Schools Summer Food Service Program

# AUGUST 2014

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## DID YOU KNOW?

The Anglo-Saxons called August "Weod monath", which means "Weed month", because it is the month when weeds and other plants grow most rapidly. In 8 B.C. the Romans named the month Augustus after Emperor Augustus

**Breakfast:**

WG Muffin  
Fruit  
Milk

**Lunch:**

WG Chicken Bacon Wrap  
Carrot Sticks  
Applesauce  
Milk

4

**Breakfast:**

WG Chicken Biscuit  
Fruit  
Milk

**Lunch:**

Turkey & Cheese Slider  
Broccoli w/ Ranch Dip  
Baked Apples  
Milk

5

**Breakfast:**

WG Cereal & Milk  
Fruit

**Lunch:**

Beef BBQ on WG Bun  
Baked Beans  
Potato Puffs  
Mixed Fruit  
Milk

6

**Breakfast:**

WG Apple Turnover  
Fruit & Milk

**Lunch:**

Chicken Patty on WG Bun  
Green Beans  
Potato Wedges  
Applesauce  
Milk

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No Summer School  
Summer Feeding  
Site Closed

Enjoy your weekend!

8

No Summer School  
Summer Feeding  
Site Closed

See you next year!

CLOSED

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## Menu Facts

All Breads are  
Whole Grain Rich!

1% White Milk or  
Fat-Free Flavored  
Milk is served with  
each meal

### Lunch Includes:

- 2oz of Protein
- One 8oz Milk
- 2oz of Grain
- One ½ C Fruit or One Fresh Fruit
- One or Two ½ C Vegetables

## Lunch Prices

Lunch is FREE to  
ALL children 18  
years of age or  
younger!

Adult Lunch: \$2.50

Adult Breakfast: \$1.50