AUGUST 2023

BONNEVILLE ACADEMY

**Breakfast**

**Pricing:**
- K-5th $1.50
- 6th-8th $1.60

*Prices subject to change w/o notice.*

**Daily Options:**
- Cereal, Toast, Yogurt, Fruit, Milk & Juice

**Nutrition Tip:** Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate

**Monday:**
- SUMMER BREAK

**Tuesday:**
- SUMMER BREAK

**Wednesday:**
- SUMMER BREAK

**Thursday:**
- SUMMER BREAK

**Friday:**
- SUMMER BREAK

**1st:**
- Muffin or Bagel
  - Breakfast Sandwich (Bacon)

**2nd:**
- French Toast Sticks
  - Fruit & Granola Parfait

**3rd:**
- Pancake On A Stick
  - Fruit & Granola Parfait

**4th:**
- Muffin or Bagel
  - Breakfast Sandwich (Sausage)

**5th:**
- French Toast Sticks
  - Pop Tarts

**6th:**
- Muffin or Bagel
  - Breakfast Sandwich (Bacon)

**7th:**
- Muffin or Bagel

**8th:**
- French Toast Sticks

**9th:**
- Muffin or Bagel

**10th:**
- French Toast Sticks

**11th:**
- Pop Tarts

**12th:**
- Muffin or Bagel

**13th:**
- French Toast Sticks

**14th:**
- Muffin or Bagel

**15th:**
- French Toast Sticks

**16th:**
- Muffin or Bagel

**17th:**
- French Toast Sticks

**18th:**
- Muffin or Bagel

**19th:**
- French Toast Sticks

**20th:**
- Muffin or Bagel

**21st:**
- French Toast Sticks

**22nd:**
- Muffin or Bagel

**23rd:**
- French Toast Sticks

**24th:**
- Muffin or Bagel

**25th:**
- French Toast Sticks

**26th:**
- Muffin or Bagel

**27th:**
- French Toast Sticks

**28th:**
- Muffin or Bagel

**29th:**
- French Toast Sticks

**30th:**
- Muffin or Bagel

**31st:**
- French Toast Sticks
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUMMER BREAK</td>
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</tr>
<tr>
<td>Hamburger</td>
<td>Hard Shell Taco (chick.)</td>
<td>Corn Dogs</td>
<td>Macaroni &amp; Cheese</td>
<td>Pizza Rippers</td>
</tr>
<tr>
<td>French Fries</td>
<td>Steamed Broccoli</td>
<td>Goldfish Crackers</td>
<td>Fresh Baked Roll</td>
<td>Garlic Breadstick</td>
</tr>
<tr>
<td>Sweet Kernel Corn</td>
<td>Pear Slices</td>
<td>Cucumber Slices</td>
<td>Summer Fruit Salad</td>
<td>Baby Carrots</td>
</tr>
<tr>
<td>Orange Slices</td>
<td>Cilantro Lime Rice</td>
<td>Applesauce Cups</td>
<td>Steamed Mixed Veggies</td>
<td>Fruit Cup &amp; Cookie</td>
</tr>
<tr>
<td>Salad Bar Variety &amp; Milk</td>
<td>Salad Bar Variety &amp; Milk</td>
<td>Salad Bar Variety &amp; Milk</td>
<td>Salad Bar Variety &amp; Milk</td>
<td>Salad Bar Variety &amp; Milk</td>
</tr>
<tr>
<td>Chicken Salad Croissant Sunchips</td>
<td>Soft Shell Taco (beef)</td>
<td>Grilled Cheese Sandwich</td>
<td><em>National Waffle Day</em></td>
<td>Pizza Rippers</td>
</tr>
<tr>
<td>Fresh Peaches</td>
<td>Spanish Rice</td>
<td>Fresh Melons</td>
<td>Chicken &amp; Waffles</td>
<td>Garlic Breadstick</td>
</tr>
<tr>
<td>Baked Zucchini</td>
<td>Refried Beans</td>
<td>Steamed Cauliflower</td>
<td>Green Beans</td>
<td>Baby Peas</td>
</tr>
<tr>
<td>Salad Bar Variety &amp; Milk</td>
<td>Apple Variety</td>
<td>Cookie</td>
<td>Orange Slices</td>
<td>Apples, Cuties or Pear</td>
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<tr>
<td></td>
<td>Salad Bar Variety &amp; Milk</td>
<td></td>
<td>Salad Bar Variety &amp; Milk</td>
<td>Salad Bar Variety &amp; Milk</td>
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<tr>
<td>Hot Dog</td>
<td>Nachos Supreme (pork or beef)</td>
<td>Pulled Pork Sandwich</td>
<td><strong>BRUNCH FOR LUNCH</strong></td>
<td><strong>DOMINOES PIZZA</strong></td>
</tr>
<tr>
<td>Potato Salad</td>
<td>Refried Beans</td>
<td>Baked Beans</td>
<td><strong>Sausage, Egg &amp; Cheese Croissant:</strong></td>
<td>Garlic Breadstick</td>
</tr>
<tr>
<td>Cherry Tomatoes</td>
<td>Fresh Pears &amp; Churros</td>
<td>Celery Sticks</td>
<td>Hashbrown &amp; Strawberries</td>
<td>Steamed Veggies</td>
</tr>
<tr>
<td>Applesauce Cups</td>
<td>Salad Bar Variety &amp; Milk</td>
<td>Fruit Cups</td>
<td>Salad Bar Variety &amp; Milk</td>
<td>Fruit Salad &amp; Salad Bar</td>
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<td>Salad Bar Variety &amp; Milk</td>
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