

WELCOME BACK!!!

Menus for August 2022

**CNMI Public School System
Child Nutrition Program**

This institution is an equal opportunity provider.
Menus are subject to change.



Believe it or not, there is no fixed size for a regulation soccer field, even at the pro level. Most pro fields are about 110 yards long and 75 yards wide. Turn those numbers into feet and multiply them together, and you'll get the area of a typical pro soccer field – nearly 75,000 square feet! And the goalie has to cover 192 square feet of open goal!

TIME for LUNCH



We're here to serve you, so
please let us know if there's
anything we can do for you.

Have a Great Year!

Monday, August 1

Breakfast
Assorted Cereal
Fruit

Lunch
Grilled Ham Steak
Steamed Brown Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, August 2

Breakfast
Sausage Links
Garlic Fried Rice
Fruit

Lunch
Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice
Subway Sandwich with
Honey Onion Dressing on
WGR Bun
Vegetable Sticks & Dip
Fruit

Wednesday, August 3

Breakfast
Pan de Sal with Egg & Cheese
Fruit

Lunch
Beef Steak with Green Peas & Onions
Red Rice
Local Vegetables
Broccoli
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, August 4

Breakfast
Tropical Storm Fried Rice
Fruit

Lunch
Pepperoni Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice
Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit

Friday, August 5

Breakfast
French Toast with Syrup
Sausage
Fruit

Lunch
BBQ Chicken
Red Rice
Corn and Potato Salad
Flavored Milk
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, August 8

Breakfast
Assorted Cereal
Fruit

Lunch
Oven Fried Chicken
Red Rice
Corn
Sauteed Spinach
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, August 9

Breakfast
Ground Beef & Veggie
Omelet
Steamed Rice
Fruit

Lunch
Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice
Fire Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wednesday, August 10

Breakfast
Grilled Cheese Sandwich
Fruit

Lunch
Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, August 11

Breakfast
Grilled Ham with Fried Rice
Fruit

Lunch
Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice
Chicken Kelaguen
Titiyas
Vegetable Sticks and Dip
Japanese Salad
Fruit

Friday, August 12

Breakfast
Pancakes with Syrup
Bacon
Fruit

Lunch
Breaded Fish with Sauce
Red Rice
Potato Wedges
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

AUGUST

The name AUGUST
comes from the Roman
Emperor Augustus Caesar.
Originally, the month was
called "Sextilis," or the
sixth month, because
March was the first month
in the Roman calendar.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!



How come watermelon is such a great choice?

The MyPlate graphic advises us to make half of each meal fruits and vegetables – and that's one of the things that makes

watermelon such a great choice! It's not only delicious, and often locally-grown, and loaded with vitamins A and C and potassium, but watermelon also fills up your plate!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, August 15

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, August 16

Breakfast
Fried Rice with Chicken Nuggets
Fruit

Lunch
Turkey & Gravy
WGR Roll
Mashed Potato
Steamed Carrots
Fruit

Secondary Second Choice
Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wednesday, August 17

Breakfast
Mac & Cheese
Fruit

Lunch
Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, August 18

Breakfast
Sausage Patty with Garlic Rice
Fruit

Lunch
Cheese Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice
Hawaiian Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, August 19

Breakfast
French Toast with Syrup
Sausage
Fruit

Lunch
Kung Pao Chicken
with Bell Peppers
Steamed Rice
Sesame Broccoli
Flavored Milk
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, August 22

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Curry with
Carrots and Potatoes
Broccoli
Steamed Rice
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, August 23

Breakfast
Fried Rice with Portuguese
Sausage
Fruit

Lunch
Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice
Chickenburger
Sandwich Sides
Sweet Potato Fries
Fruit

Wednesday, August 24

Breakfast
Ham and Cheese Roll
Fruit

Lunch
Breaded Chicken with Gravy
Mashed Potato
3 Bean Salad
WGR Roll
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, August 25

Breakfast
Sausage & Egg Scramble
Steamed Rice
Fruit

Lunch
Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice
Tuna Salad Sandwich on WGR Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, August 26

Breakfast
Pancakes with Syrup
Bacon
Fruit

Lunch
Chicken Piccata
Garden Salad
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, August 29

Breakfast
Assorted Cereal
Fruit

Lunch
Grilled Ham Steak
Steamed Brown Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, August 30

Breakfast
Sausage Links
Garlic Fried Rice
Fruit

Lunch
Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice
Subway Sandwich with
Honey Onion Dressing on
WGR Bun
Vegetable Sticks & Dip
Fruit

Wednesday, August 31

Breakfast
Pan de Sal with Egg & Cheese
Fruit

Lunch
Beef Steak with Green Peas & Onions
Red Rice
Local Vegetables
Broccoli
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

NUTRITION TO GO

Tomatoes are one of the few foods that contain lycopene, which studies have shown to help prevent cancer. Your body absorbs more lycopene when a meal also contains a little fat, perhaps from olive oil or cheese. Cooked or processed tomatoes (as in tomato sauce) also increase lycopene absorption.

A QUICK BITE FOR PARENTS