

Back to school

Menus for August 2023

CNMI Public School System, Child Nutrition Program

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



We're SO GLAD to see you!

It's going to be a

GREAT YEAR

and we can't wait to serve your meals!

Monday, August 7

Day Care & Private Schools

Breakfast

Assorted Cereal
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn
Sauteed Spinach
Fruit

Tuesday, August 8

Day Care & Private Schools

Breakfast

Ground Beef & Veggie
Omelet
Steamed Rice
Fruit

Lunch

Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Wednesday, August 9

Day Care & Private Schools

Breakfast

Grilled Cheese Sandwich
Fruit

Lunch

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

Thursday, August 10

Day Care & Private Schools

Breakfast

Grilled Ham with Fried Rice
Fruit

Lunch

Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Friday, August 11

Day Care & Private Schools

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Breaded Fish with Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit



What's on
YOUR
plate?

Monday, August 14

Day Care & Private Schools

Breakfast

Assorted Cereal
Fruit

Lunch

Kung Pao Chicken
with Bell Peppers
Steamed Rice
Sesame Broccoli
Fruit

Tuesday, August 15

Day Care & Private Schools

Breakfast

Fried Rice with Chicken Nuggets
Fruit

Lunch

Turkey & Gravy
WGR Roll
Mashed Potato
Steamed Carrots
Fruit

Wednesday, August 16

Day Care & Private Schools

Breakfast

Mac & Cheese
Fruit

Lunch

Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Thursday, August 17

Day Care & Private Schools

Breakfast

Sausage Patty with Garlic Rice
Fruit

Lunch

Chicken Kelaguen
Titiyas
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, August 18

Day Care & Private Schools

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Fruit

What does
a pickle
start out
as and
how
does
it become
a pickle?



A: Pickles begin life as cucumbers, which are made into pickles by soaking in a solution of salt, vinegar, and flavors like dill and garlic. Lots of other foods are "pickled" by this process, too, like sauerkraut and pickled peppers, to name just two!

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

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 21

Day Care & Private Schools

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Curry with Carrots and Potatoes
Broccoli
Steamed Rice
Fruit

Tuesday, August 22

Breakfast

Fried Rice with Portuguese Sausage
Fruit/Fruit Smoothie

Lunch

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Tofu Lo Mein
Chinese Cabbage
Carrots
Fruit

Wednesday, August 23

Breakfast

Breakfast Burrito
Fruit/Fruit Smoothie

Lunch

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

Secondary Second Choice

Vegilicious
Salad Bar/Packed Salad
WGR Penne Pasta
Fruit

Thursday, August 24

Breakfast

Sausage & Egg Scramble
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice

Tuna Salad Sandwich on WGR Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, August 25

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Chicken Adobo
Steamed Rice
Lemon Garlic Kangkung
Fruit
Flavored Milk

Secondary Second Choice

Vegilicious
Salad Bar/Packed Salad
WGR Penne Pasta
Fruit

Monday, August 28

Breakfast

Assorted Cereal
Fruit

Lunch

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

Secondary Second Choice

Taco Salad
Salad Bar/Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, August 29

Breakfast

Ham and Cheese Roll
Fruit/Fruit Smoothie

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 30

Breakfast

Pan de Sal with Egg & Cheese
Fruit/Fruit Smoothie

Lunch

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

Secondary Second Choice

Taco Salad
Salad Bar/Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Thursday, August 31

Breakfast

Sausage Links
Garlic Fried Rice
Fruit/Fruit Smoothie

Lunch

Pepperoni Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice

Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit

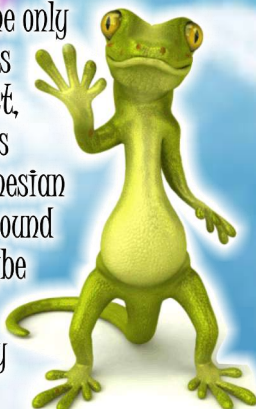
Word of the Month

per·se·ver·ance

noun. 1. the quality of never giving up
2. persisting at a task or object despite difficulties, obstacles, and discouragement

1 AND ONLY!

The gecko is the only lizard that has a voice. In fact, its name comes from the Indonesian word for the sound it makes. Maybe that's why it's on so many commercials!



Covering Some Ground

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!