

MENUS FOR AUGUST 2024

**CNMI Public
School System,
Child Nutrition
Program**

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



BACK TO SCHOOL

HERB/SPICE

Thyme

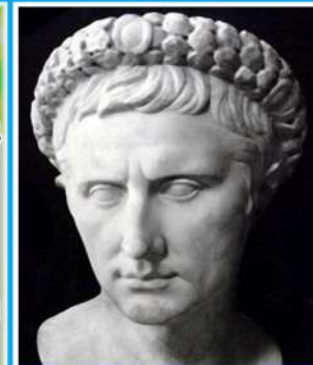


Herbs and spices are plants
that are used to flavor food.
Many cooks use thyme in meat
dishes (especially lamb), soups,
and stews. It will grow easily in
any garden and return year after
year. Thyme has such fantastic
flavor that it is even used
in mouthwash!

OF THE MONTH

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.



Monday, August 5

Day Care & Private Schools

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Lo Mein
Carrots
Broccoli
Fruit

Tuesday, August 6

Day Care & Private Schools

Breakfast

Grilled Ham
With Fried Rice
Fruit

Lunch

Chicken Burger
Green Salad with Cucumber
Carrots with Dressing
Fruit

Wednesday, August 7

Day Care & Private Schools

Breakfast

Pan de Sal with Egg & Cheese
Fruit

Lunch

Grilled Ham Steak
Steamed Rice
Texas BBQ Beans
Red Bell Pepper
Green Beans
Fruit

Thursday, August 8

Day Care & Private Schools

Breakfast

Sausage Links
Steamed Rice
Fruit

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fruit

Friday, August 9

Day Care & Private Schools

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Fruit



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 12

Day Care & Private Schools

Breakfast

Assorted Cereal
Fruit

Lunch

Buffalo Chicken Wrap
Corn & Cucumber Succotash
Fruit

Tuesday, August 13

Day Care & Private Schools

Breakfast

Garlic Fried Rice
with Chicken Nuggets
Fruit

Lunch

Sloppy Joes
Broccoli
Sweet Potato Fries
Fruit

Wednesday, August 14

Day Care & Private Schools

Breakfast

Mac & Cheese
Fruit

Lunch

Pork Curry
Steamed Rice
Potatoes
Carrots
Fruit

Thursday, August 15

Day Care & Private Schools

Breakfast

Ham & Egg Scramble
with Steamed Rice
Fruit

Lunch

Pepperoni Pizza
Green Salad with Cucumbers
& Dressing
Lentils
Fruit

Friday, August 16

Day Care & Private Schools

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Fruit

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 19

Day Care & Private Schools

Breakfast

Assorted Cereal
Fruit

Lunch

Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fruit

Tuesday, August 20

Breakfast

Ham & Cheese Roll
Fruit

Lunch

Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Wednesday, August 21

Breakfast

Breakfast Burrito
Fruit

Lunch

Beef Bulgogi with Green Bell
Peppers and Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fruit

Thursday, August 22

Breakfast

Fried Rice with Portuguese Sausage
Fruit

Lunch

Spaghetti Bolognese
WGR Roll
Garden Salad w/ Tomatoes &
Dressing
Spanish Chickpeas
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Friday, August 23

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Kung Pao Chicken
Steamed Rice
Sesame Broccoli
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Beef Broccoli
Steamed Rice
Bean Sprouts
Fruit

Monday, August 26

Breakfast

Assorted Cereal
Fruit

Lunch

Orange Chicken
Steamed Rice
Pacific Blend Vegetables
Fruit

Tuesday, August 27

Breakfast

French Toast Casserole
w/ Berry Sauce
Sausage Patty
Fruit

Lunch

Subway Sandwich with Honey Onion
Dressing on WGR Bun
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, August 28

Breakfast

Grilled Cheese
Fruit

Lunch

Beef Steak with
Green Peas & Onions
Red Rice
Broccoli
Fruit

Secondary Second Choice

Banh Mi Sandwich
Pickled Carrots & Radish
Broccoli
Fruit

Thursday, August 29

Breakfast

Ground Beef &
Veggie Omelet
Steamed Rice
Fruit

Lunch

Chicken Alfredo Penne Pasta
Garden Salad with Carrots & Dressing
Lentils
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, August 30

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

BBQ Chicken
Red Rice
Local Vegetables
Corn
Flavored Milk
Fruit

Secondary Second Choice

Breaded Chicken Bowl
with Mashed Potatoes & Gravy
Corn
WGR Roll
Fruit

**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!



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!

