

AUGUST 2023

Edinboro-McKean-Elementary

BREAKFAST



Breakfast

\$2.50

Reduce

\$0.30

Adult

\$3.25



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



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

National Watermelon Day

3

4

7

8

9

10

11

14

15

16

17

18

21

22

23

National Waffle Day

24

25

28

Mini Waffles
Or Cereal
Mandarin Oranges
Smoothies

29

Breakfast Sandwich
Or Cereal
Pears
Milk and Juice

30

Fruit Strudel
Or Cereal
Fresh Fruit
Smoothies
Milk

31