



AISD K-12 Breakfast & Lunch Menu

August 24 – September 4, 2015



How Do Cows Make Milk?

What a cow eats affects how much milk she makes and how it tastes. A cow that eats only grass can give about 50 glasses of milk a day. A cow that eats grass, corn, hay and mixed feeds can produce about 100 glasses of milk a day.

SouthwestDairyFarmers.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 First Day of School Deli Sandwich Fruit Veggies Milk	25 PB&J Cheese stick Crackers Fruit Veggie Milk	26 Hamburger w/Garnish Fruit Veggies Milk	27 Grilled Cheese Sandwich Fruit Veggies Milk	28 Pizza Fruit Veggies Milk	29
30	31 Hot Dog Fruit Veggies Milk	Sept 1 Breaded Chicken Sandwich Fruit Veggies Milk	2 Deli Submarine Sandwich Fruit Veggie Milk	3 Chicken Posole Fruit Veggie Milk	4 Pizza Fruit Veggies Milk	5

The Fact: Coconut water can be used (in emergencies) as a substitute for blood plasma. The reason for this is that coconut water (the water found in coconuts – not to be confused with coconut milk, which comes from the flesh of the coconut) is sterile and has an ideal pH level. Coconut water is liquid endosperm – it surrounds the embryo and provides nutrition.

listverse.com/2007/12/17/top-10-incredible-food-facts



Breakfast August 27-31	Monday Cold Cereal 100% Juice & Fruit, Milk	Tuesday Pancakes 100% Juice & Fruit, Milk	Wednesdays Cinnamon Roll Fruit & Veggie, Milk	Thursday Waffles Fruit & Veggie, Milk	Friday Baker's Choice Fruit & Veggie, Milk
August 27-31	Cereal Bar 100% Juice & Fruit, Milk	Struddle Fruit & Veggie, Milk	Sausage Roll 100% Juice & Fruit, Milk	Muffin Fruit & Veggie, Milk	Baker's Choice Fruit & Veggie, Milk

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