

**welcome back**

**MENUS FOR  
AUGUST 2025**

**Roseville City School District**

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

# We're proud to help keep America strong

Most folks don't know that the National School Lunch Program began in the years after World War II because so many recruits had been deferred from war-time service due to malnutrition. So serving meals at school began as a national defense strategy! School meals were good for kids, good for families – and good for our nation. And we're still here for you, day in and day out, all year long. Welcome back!!

**School Meals**  
*We serve education every day™*

**YOU'RE GOOD**  
**ALL STUDENTS EAT**  
**ALL MEALS @ NO COST**  
**AGAIN THIS YEAR**  
**ROSEVILLE CITY SCHOOL DISTRICT**



**We're  
SO GLAD  
to see you!  
It's going  
to be a  
GREAT YEAR  
and we can't  
wait to serve  
your meals!**

**Thursday, August 7**

**Breakfast**  
CINNI MINI  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN  
RICE BOWL

**Friday, August 8**

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE  
SANDWICH  
OR  
CHICKEN TENDERS  
  
COOKIE

**Monday, August 11**

**Breakfast**  
COUNTRY BREAKFAST  
SCRAMBLE  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
(FRENCH TOAST STICKS, ,  
HASHBROWN & YOGURT)  
OR  
HAM & CHEESE SUB  
SANDWICH

**Tuesday, August 12**

**Breakfast**  
CHEESY BREADSTICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
BEEF & CHEESE TACO

**Wednesday, August 13**

**Breakfast**  
SUNRISE BREAKFAST  
SANDWICH  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
MACARONI & CHEESE  
OR  
CHEESEBURGER  
& FRIES

**Thursday, August 14**

**Breakfast**  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
TERIYAKI CHICKEN  
NOODLE BOWL

**Friday, August 15**

**Breakfast**  
CINNAMON ROLL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE PUPUSA  
OR  
CRUNCHY FISH STICKS &  
CHIPS  
  
COOKIE

**FRUIT**

**Yellow Peppers**

Sweet yellow peppers are great for variety and color in a snack bag or veggie tray. And just a quarter of a large yellow pepper provides all the vitamin C our bodies need for a whole day!

**OF THE MONTH**

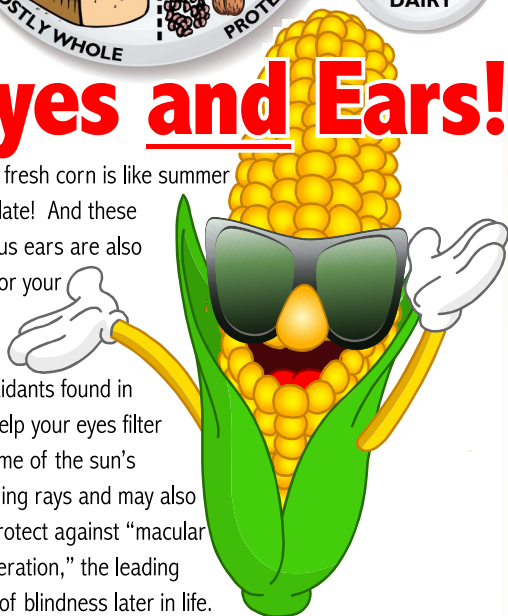


## What's on **YOUR** plate?

# Eyes and Ears!

Sweet, fresh corn is like summer on a plate! And these delicious ears are also good for your eyes.

Two anti-oxidants found in corn help your eyes filter out some of the sun's damaging rays and may also help protect against "macular degeneration," the leading cause of blindness later in life.



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

# 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!*

**Monday, August 18**

**Breakfast**  
FIESTA BREAKFAST  
SCRAMBLE  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
(FRENCH TOAST STICKS,  
HASHBROWN & YOGURT)  
OR  
ROTINI WITH MEAT SAUCE

**Tuesday, August 19**

**Breakfast**  
YOGURT PARFAIT  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHICKEN TACO

**Wednesday, August 20**

**Breakfast**  
MINI WAFFLES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE BURRITO  
OR  
CHICKEN SANDWICH

**Thursday, August 21**

**Breakfast**  
CINNI MINI  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN  
RICE BOWL

**Friday, August 22**

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE  
SANDWICH  
OR  
CHICKEN TENDERS

COOKIE

## ★ OUR NATION'S HISTORY ★

**O**n August 28, 1963, during the March on Washington, Martin Luther King, Jr., delivered his famous "I Have a Dream" speech to a crowd of a quarter-million people. Amazingly, the words "I have a dream" were not in the speech King had prepared -- he improvised that theme, meaning that he worked it into the speech on the spot!



## ★ WITH LIBERTY & JUSTICE FOR ALL ★

## Hang in there, Dawg!

They call this time of year the "dog days." It's hot. **Still.** You're in school. **Already.** Folks are a bit **testy.** But it won't stay this **hot** forever. **Relief is in sight.** We promise.



**Monday, August 25**

**Breakfast**  
COUNTRY BREAKFAST  
SCRAMBLE  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
(FRENCH TOAST STICKS,  
HASHBROWN & YOGURT)  
OR  
TURKEY & CHEESE  
SANDWICH

**Tuesday, August 26**

**Breakfast**  
CHEESY BREADSTICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
BEEF & CHEESE TACO

**Wednesday, August 27**

**Breakfast**  
SUNRISE BREAKFAST  
SANDWICH  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
MACARONI & CHEESE  
OR  
CHEESEBURGER  
& FRIES

**Thursday, August 28**

**Breakfast**  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
TERIYAKI CHICKEN  
NOODLE BOWL

**Friday, August 29**

**Breakfast**  
CINNAMON ROLL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE PUPUSA  
OR  
CRUNCHY FISH STICKS &  
CHIPS

COOKIE