

Overton County Schools

August 2013

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

The first Sunday in August is American Family Day and Friendship Day. It is also National Kid's Day, which was created in 1994. Kid's Day is a day to spend meaningful time with children. It coincides perfectly with American Family Day and Friendship Day.

5

pizza(15740)
or
hotdog
fries
tossed salad
fresh fruit
applesauce
milk

6

Chicken sandwich
Or
P.B.and Jelly Sandwich
Sandwich trimmings
Fries
Canned pears
Frozen juice bar
milk

7

baked ziti
Or
Ham/cheese sandwich
Cooked carrots
Fresh veggies with dip
Garlic toast
Fresh fruit
Tropical fruit
milk

8

Cheeseburger
Or
Chef salad
Sandwich trimmings
Baked beans
Fries
Fruit
milk

9

Pizza(15745) with marina
sauce
Or
PB&J sandwich
Whole kernel corn
Tossed salad
Fries
Applesauce
Orange

12

baked ham
or
chicken nuggets
creamy mashed potatoes
green peas
tropical fruit salad
fresh fruit
roll
milk

13

taco salad(723)
or
turkey cheese sandwich
refried beans
oven baked fries
frozen juice
milk

14

Chicken sandwich
Or
Ham/cheese sandwich
Sandwich trimmings
Steamed california blend
fries
Fresh fruit
Pears
milk

15

grilled cheese
or
chef salad
beefy veggie soup
fresh carrots/dip
fresh apples/caramel
pineapple chunks
milk

16

Corndogs
Or
Grilled ham/cheese
Pinto beans
Turnip greens
fries
Cornbread
Pineapple chunks
Fresh fruit

19

meatball sub
or
hotdog
sandwich trimmings
fries
peaches
corn
frozen juice bars

20

steak/gravy
or
chicken casserole
creamy mashed potatoes
cooked carrots
creamy cole slaw
green peas
fresh watermelon
roll, milk

21

baked ziti
or
turkey cheese sandwich
green beans
whole kernel corn
fresh fruit
pear halves
fresh veggies/dip

22

chicken parmesan
or
chef salad
roll
corn on cob
mashed potatoes
fresh fruit
cookie
milk

23

Pizza(15750)
Or
Fish scribblers
w/hushpuppies
Mixed beans
Tropical fruit salad
Fresh fruit
Scalloped potatoes

26

chicken poppers
or
chef salad
green peas
creamy mashed potatoes
juice bar
orange halves
roll
milk

27

BBQ rib sandwich on
Hoagie Roll
Or
Hot dog
Baked beans
Creamy cole slaw
Fries
Pears
Milk

28

taco salad
or
ham & cheese sandwich
refried beans
fries
pineapples
fresh fruit
milk

29

chicken fajita
or
cheeseburger
sandwich trimmings
baked beans
fries
fresh fruit
cookie
carrots/dip

30

Registration Day

2

A La Carte

Items: \$.75
Fresh fruit: \$.50

School News

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