

# AUGUST 2022



# Sentinel School

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

1



Scrambled Eggs,  
Toast, Oranges,  
Apple Juice, Milk

Chicken Tamale,  
Spanish Rice,  
Garden Salad,  
Mixed fruit, Milk

8

Egg Patty Sausage  
Biscuit, Apple,  
Orange Juice, Milk

Chicken Wings,  
White Rice, Carrot  
& Celery Sticks, Mixed  
Fruit, Milk

15

Granola, Yogurt,  
Orange, Apple  
Juice, Milk

Beef Nachos,  
Pinto Beans,  
Salsa, Mixed  
Fruit, Milk

22

Waffles,  
Strawberries,  
Orange Juice, Milk

Crispy Chicken  
Drumsticks,  
Mashed Potatoes &  
Gravy, Green  
Beans, Pears, Milk

29

2



Waffles,  
Strawberries,  
Orange Juice, Milk

Chicken Tenders,  
Tater Tots,  
Cucumbers,  
Oranges, Milk

9

16

Cereal, String  
Cheese, Oranges,  
Apple Juice, Milk

Grilled Cheese,  
Sweet Potato Tots,  
Green Beans,  
Apple Slices, Milk

23

Breakfast Burrito,  
Apple Sauce,  
Orange Juice, Milk

Chicken Nuggets,  
Oven Fries, Carrot  
Sticks, Apple  
Slices, Milk

30

Mini Powdered  
Donut, Grapes,  
Fruit Punch  
Juice, Milk

Pepperoni Pizza  
Carrot & Celery  
Sticks, Peaches,  
Milk

3

Welcome  
Back Staff!

STAFF  
MEETING

10

Pancake Wrap,  
Grapes, Fruit  
Punch Juice, Milk

Chicken Wings,  
White Rice, Carrot  
& Celery Sticks,  
Pears, Milk

17

Biscuits & Gravy,  
Grapes, Fruit  
Punch Juice, Milk

Chicken Taquitos,  
Pinto Beans,  
Grapes, Milk

24

French Toast  
Stick, Cheese  
Stick, Grapes,  
Apple Juice, Milk

Beef Tacos,  
Spanish Rice,  
Oranges, Milk

31

Egg Patty Sausage  
Biscuit, Apple,  
Orange Juice, Milk

Mandarin Orange  
Chicken, White  
Rice, Egg Roll,  
Broccoli, Pears,  
Milk

4



Chorizo Burrito,  
Apple Slices,  
Orange Juice,  
Milk

Pepperoni Pizza,  
Garden Salad,  
Peaches, Milk

11

18

Scrambled Eggs,  
Toast, Oranges,  
Apple Juice, Milk

Macaroni &  
Cheese, Garden  
Salad, Dinner Roll,  
Peaches, Milk

25

Biscuits & Gravy,  
Grapes, Fruit  
Punch Juice, Milk

Cheese  
Quesadillas, Pinto  
Beans, Cucumber  
slices, Pears, Milk

5



Tortilla  
w/Cinnamon,  
Yogurt,  
Strawberries, Apple  
Juice, Milk

Chicken Patty  
Sandwich, Pinto  
Beans, Grapes, Milk

12

19

Cinnamon Bun,  
Apple Sauce,  
Orange Juice,  
Milk

Hot Dog, Oven  
Fries, Cucumber  
Slices, Pears, Milk

26

Chocolate Donut,  
Apple, Orange  
Juice, Milk

Pizza Stick,  
Marinara, Green  
Beans, Mixed  
Fruit, Milk

## School News

08/08/2022

**First Day of  
School!**

**WELCOME  
BACK!**

Students,  
Teachers, & Staff

## Adult Meal Prices

Breakfast \$2.70

Lunch \$4.60

Milk Offered daily  
at Breakfast &  
Lunch 1% White or  
Fat Free Chocolate

Meals are at no  
charge to students

Menu is subject to  
change due to  
availability of  
product.

This institution is  
an equal  
opportunity  
provider.

“Esta entidad es  
un proveedor que  
brinda igualdad de  
oportunidades.”

## Did you know?

In August 1762 the sandwich, as we know it,  
was created when the Earl of Sandwich  
requested meat between two pieces of bread.