

# AUGUST 2023

## Pryor Schools Nutrition Menu

### BREAKFAST

#### School Information:

Superintendent: Eric Terrill  
Principal: Candis Goodnight Gunn  
Kitchen Director: Scott Plain Feather  
Summer



**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.



SummerNational Watermelon DaySummer



### MONDAY

### TUESDAY

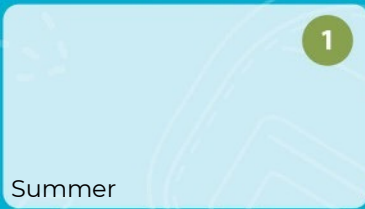
### WEDNESDAY

### THURSDAY

### FRIDAY



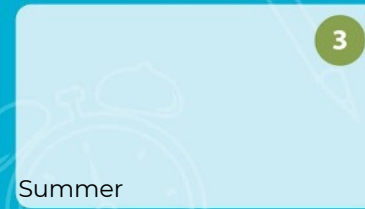
Summer



Summer



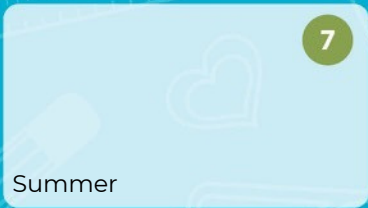
Summer



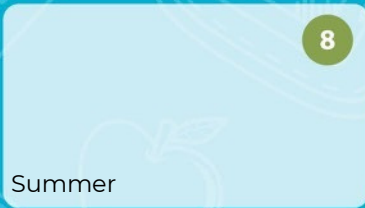
Summer



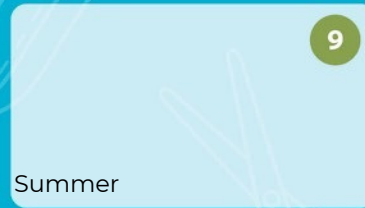
Summer



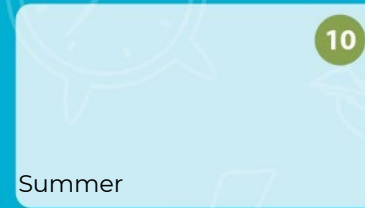
Summer



Summer



Summer



Summer



Summer



Summer



Summer



Summer



Summer



Summer



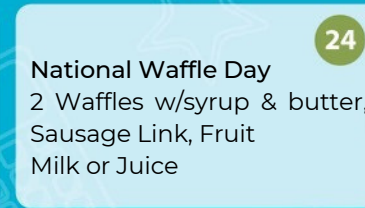
Summer



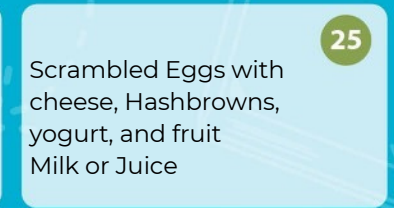
Summer



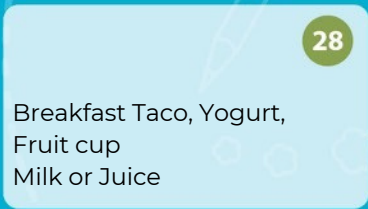
Summer



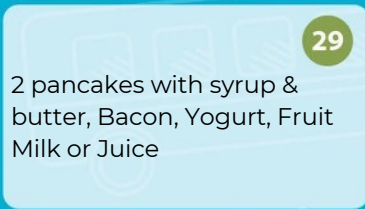
**National Waffle Day**  
2 Waffles w/syrup & butter,  
Sausage Link, Fruit  
Milk or Juice



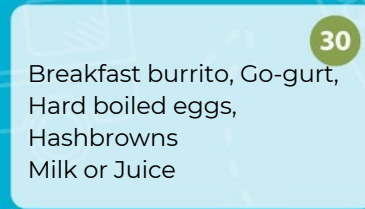
Scrambled Eggs with  
cheese, Hashbrowns,  
yogurt, and fruit  
Milk or Juice



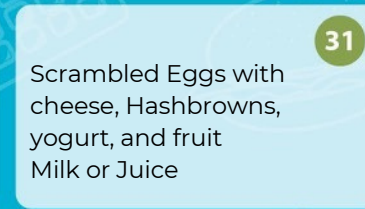
Breakfast Taco, Yogurt,  
Fruit cup  
Milk or Juice



2 pancakes with syrup &  
butter, Bacon, Yogurt, Fruit  
Milk or Juice



Breakfast burrito, Go-gurt,  
Hard boiled eggs,  
Hashbrowns  
Milk or Juice



Scrambled Eggs with  
cheese, Hashbrowns,  
yogurt, and fruit  
Milk or Juice



# AUGUST 2023

## Pryor Public Schools

### LUNCH



School Information: Superintendent:  
Eric Terrill  
Principal: Candis Goodknight Gunn  
Kitchen Director: Scott Plain Feather  
Summer



August is National Panini Month! A panini is a sandwich made on delicious Italian bread, loaded with meat, cheese and veggies and grilled to perfection. Experiment with different toppings to Summerfind your perfect panini!  
National Watermelon Day  
Summer



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1  
Summer

2  
Summer

3  
Summer

4  
Summer

5  
Summer

6  
Summer

7  
Summer

8  
Summer

9  
Summer

10  
Summer

11  
Summer

12  
Summer

13  
Summer

14  
Summer

15  
Summer

16  
Summer

17  
Summer

18  
Summer

19  
National Waffle Day  
Penne Pasta with tomato sauce, Breadsticks, Green Beans, Milk

20  
Hamburgers w/veggies, Fries, Banana Half Milk

21  
Chicken Nuggets, Scratch Mac and Cheese, Carrots, Grapes, Milk

22  
Scratch Meat Lasagna, Breadsticks, Green Beans, Celery, Milk

23  
Chicken Strips with Ranch, Mashed Potatoes, French Rolls, Half-sliced Grapes, Milk

24  
Beef Nachos with Nacho cheese sauce, Refried Beans w/Sour Cream, Spanish Rice,

