

# August 2019

## Barkhamsted Elementary School

Monday

Tuesday

Wednesday

Thursday

Friday

### Did You Know?

When Julius Caesar created the Julian calendar in 45 BC, two days were added giving the month 31 days. The month was later renamed Augustus in honor of the first emperor of Rome, Caesar Augustus.

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Grilled Cheese Sandwich  
Sweet Potato Fries  
Assorted Fruit

Deli Sub  
Potato Oven Fries  
Assorted Fruit

Galaxy Cheese or Pepperoni Pizza  
Broccoli  
Assorted Fruit

### A La Carte

First Week Of School there WILL NOT be any alternate lunch other than PBJ.

PLEASE BE ADVISED: LUNCH PRICES HAVE INCREASED TO \$3.00

### School News

Five food components are offered with each lunch – milk, grain, meat/meat alternate, fruit and vegetable. Students must select AT LEAST 3 out of the 5 components and 1 of the components must be 1/2c. fruit or vegetable. Lunch menu subject to change. Lunch \$3.00 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"