

# AUGUST 2022

## Diamond R-IV School District

### BREAKFAST



**Diamond R-IV School District**  
401 S Main  
Diamond MO 64840



**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.

Reference: USDA MyPlate



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

2

**National Watermelon Day**

3

4

5

8

9

10

11

12

15

16

17

**Open House**  
6:00 pm – 7:30 pm

18

19

- Sausage Biscuit **22**
- Cereal and Toast w/ Jelly
- Milk and Juice

- Breakfast Pizza **23**
- Cereal and Toast w/ Jelly
- Milk and Juice

- National Waffle Day** **24**
- Waffles
- Cereal and Toast w/ Jelly
- Milk and Juice

- Breakfast Burrito **25**
- Cereal and Toast w/Jelly
- Milk and Juice

- Biscuits and Gravy and sausage patty **26**
- Cereal and Yogurt
- Milk and Juice

**No School** **29**

- Chicken Biscuit **30**
- Cereal and Toast w/ Jelly
- Milk and Juice

- Pancake wrap **31**
- Cereal and Yogurt
- Milk and Juice

\*MENU SUBJECT TO CHANGE DUE TO SUPPLY SHORTAGES.

