<table>
<thead>
<tr>
<th>Day Care &amp; Private Schools</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, August 7</td>
<td>Assorted Cereal</td>
<td>Oven Fried Chicken</td>
</tr>
<tr>
<td>Tuesday, August 8</td>
<td>Ground Beef &amp; Veggie Omelet</td>
<td>Beef Bulgogi with Bell Peppers, Bean Sprouts &amp; Onions Marianas BBQ Cheeseburger Sandwich Sides Sweet Potato Fries</td>
</tr>
<tr>
<td>Wednesday, August 9</td>
<td>Grilled Cheese Sandwich</td>
<td>Spaghetti Bolognese WGR Roll Garlic Spinach 3 Bean Salad</td>
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<tr>
<td>Thursday, August 10</td>
<td>Grilled Ham with Fried Rice</td>
<td>Breaded Fish with Sauce Red Rice Potato Wedges Local Vegetables</td>
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<tr>
<td>Friday, August 11</td>
<td>Pancakes with Syrup Bacon</td>
<td>Breaded Fish with Sauce Red Rice Potato Wedges Local Vegetables</td>
</tr>
<tr>
<td>Monday, August 14</td>
<td>Assorted Cereal</td>
<td>Kung Pao Chicken with Bell Peppers Steamed Rice Sesame Broccoli</td>
</tr>
<tr>
<td>Tuesday, August 15</td>
<td>Fried Rice with Chicken Nuggets</td>
<td>Ground Beef &amp; Veggie Omelet Steamed Rice Mashed Potato Steamed Carrots</td>
</tr>
<tr>
<td>Wednesday, August 16</td>
<td>Mac &amp; Cheese</td>
<td>Beef Broccoli Steamed Rice Mashed Potato Mixed Vegetables</td>
</tr>
<tr>
<td>Thursday, August 17</td>
<td>Sausage Patty with Garlic Rice</td>
<td>Chicken Kelaguen Titiyas Vegetable Sticks &amp; Dip 3 Bean Salad</td>
</tr>
<tr>
<td>Friday, August 18</td>
<td>French Toast with Syrup Sausage</td>
<td>Chicken Alfredo with Spinach Garden Salad Local Vegetables</td>
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This institution is an equal opportunity provider. Menus are subject to change.
<table>
<thead>
<tr>
<th>Day Care &amp; Private Schools</th>
<th>Monday, August 21</th>
<th>Tuesday, August 22</th>
<th>Wednesday, August 23</th>
<th>Thursday, August 24</th>
<th>Friday, August 25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Fried Rice with Portuguese Sausage Fruit/Fruit Smoothie</td>
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<tr>
<td></td>
<td>Assorted Cereal Fruit</td>
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</tr>
<tr>
<td>Lunch</td>
<td>Cheeseburger Sandwich Sides Sweet Potato Fries Fruit</td>
<td>Breaded Chicken with Gravy Mashed Potato 3 Bean Salad WGR Roll Fruit</td>
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<tr>
<td>Secondary Second Choice</td>
<td>Tofu Lo Mein Chinese Cabbage Carrots Fruit</td>
<td>Vegilicious Salad Bar/Packed Salad WGR Penn Penne Pasta Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Taco Salad</td>
<td>Party Salad with Honey Onion Dressing on WGR Bun Vegetable Sticks &amp; Dip Fruit</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breakfast</td>
<td>Pan de Sal with Egg &amp; Cheese Fruit/Fruit Smoothie</td>
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</tbody>
</table>

Breakfast: Sausage Links Garlic Fried Rice Fruit/Fruit Smoothie
Lunch: Beef Steak with Green Peas & Onions Red Rice Local Vegetables Broccoli Fruit
Secondary Second Choice: Taco Salad Salad Bar/Packed Salad WGR Tortilla/Tortilla Chips Fruit
Secondary Second Choice: Tuna Salad Sandwich on WGR Bun Sandwich Sides Japanese Salad Fruit

Breakfast: Sausage & Egg Scramble Steamed Rice Fruit/Fruit Smoothie
Lunch: Beef Lasagna Garlic Cauliflower & Broccoli Corn
Secondary Second Choice: Vegilicious Salad Bar/Packed Salad WGR Penn Penne Pasta Fruit
Secondary Second Choice: Vegilicious Salad Bar/Packed Salad WGR Penn Penne Pasta Fruit

Breakfast: Pancakes with Syrup Bacon Fruit
Lunch: Chicken Adobo Steamed Rice Lemon Garlic Kangkung Fruit Flavored Milk
Secondary Second Choice: Vegilicious Salad Bar/Packed Salad WGR Penn Penne Pasta Fruit
Secondary Second Choice: Vegilicious Salad Bar/Packed Salad WGR Penn Penne Pasta Fruit

Breakfast: Assorted Cereal Fruit
Lunch: Grilled Ham Steak Steamed Brown Rice Sweet Potato Fries Texas BBQ Beans Fruit
Secondary Second Choice: Taco Salad Salad Bar/Packed Salad WGR Tortilla/Tortilla Chips Fruit
Secondary Second Choice: Tofu Lo Mein Chinese Cabbage Carrots Fruit

Breakfast: Ham and Cheese Roll Fruit/Fruit Smoothie
Lunch: Chicken Burger Potato Wedges Broccoli Fruit
Secondary Second Choice: Subway Sandwich with Honey Onion Dressing on WGR Bun Vegetable Sticks & Dip Fruit
Secondary Second Choice: Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit

Breakfast: Sausage Links Garlic Fried Rice Fruit/Fruit Smoothie
Lunch: Pepperoni Pizza Vegetable Sticks & Dip Fruit
Secondary Second Choice: Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit
Secondary Second Choice: Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit

Breakfast: Fried Rice with Portuguese Sausage Fruit/Fruit Smoothie
Lunch: Cheeseburger Sandwich Sides Sweet Potato Fries Fruit | Breaded Chicken with Gravy Mashed Potato 3 Bean Salad WGR Roll Fruit |
Secondary Second Choice: Tofu Lo Mein Chinese Cabbage Carrots Fruit | Vegilicious Salad Bar/Packed Salad WGR Penn Penne Pasta Fruit |
Secondary Second Choice: Tofu Lo Mein Chinese Cabbage Carrots Fruit | Vegilicious Salad Bar/Packed Salad WGR Penn Penne Pasta Fruit |

Breakfast: Pan de Sal with Egg & Cheese Fruit/Fruit Smoothie
Lunch: Beef Steak with Green Peas & Onions Red Rice Local Vegetables Broccoli Fruit
Secondary Second Choice: Taco Salad Salad Bar/Packed Salad WGR Tortilla/Tortilla Chips Fruit
Secondary Second Choice: Taco Salad Salad Bar/Packed Salad WGR Tortilla/Tortilla Chips Fruit

Breakfast: Sausage Links Garlic Fried Rice Fruit/Fruit Smoothie
Lunch: Pepperoni Pizza Vegetable Sticks & Dip Fruit
Secondary Second Choice: Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit
Secondary Second Choice: Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit

Breakfast: Pancakes with Syrup Bacon Fruit
Lunch: Chicken Adobo Steamed Rice Lemon Garlic Kangkung Fruit Flavored Milk
Secondary Second Choice: Vegilicious Salad Bar/Packed Salad WGR Penn Penne Pasta Fruit
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Breakfast: Assorted Cereal Fruit
Lunch: Grilled Ham Steak Steamed Brown Rice Sweet Potato Fries Texas BBQ Beans Fruit
Secondary Second Choice: Taco Salad Salad Bar/Packed Salad WGR Tortilla/Tortilla Chips Fruit
Secondary Second Choice: Tofu Lo Mein Chinese Cabbage Carrots Fruit

Breakfast: Fried Rice with Portuguese Sausage Fruit/Fruit Smoothie
Lunch: Cheeseburger Sandwich Sides Sweet Potato Fries Fruit | Breaded Chicken with Gravy Mashed Potato 3 Bean Salad WGR Roll Fruit |
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Breakfast: Pan de Sal with Egg & Cheese Fruit/Fruit Smoothie
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Breakfast: Sausage Links Garlic Fried Rice Fruit/Fruit Smoothie
Lunch: Pepperoni Pizza Vegetable Sticks & Dip Fruit
Secondary Second Choice: Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit
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Breakfast: Fried Rice with Portuguese Sausage Fruit/Fruit Smoothie
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Breakfast: Sausage Links Garlic Fried Rice Fruit/Fruit Smoothie
Lunch: Pepperoni Pizza Vegetable Sticks & Dip Fruit
Secondary Second Choice: Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit
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Breakfast: Fried Rice with Portuguese Sausage Fruit/Fruit Smoothie
Lunch: Cheeseburger Sandwich Sides Sweet Potato Fries Fruit | Breaded Chicken with Gravy Mashed Potato 3 Bean Salad WGR Roll Fruit |
Secondary Second Choice: Tofu Lo Mein Chinese Cabbage Carrots Fruit | Vegilicious Salad Bar/Packed Salad WGR Penn Penne Pasta Fruit |
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Breakfast: Pan de Sal with Egg & Cheese Fruit/Fruit Smoothie
Lunch: Beef Steak with Green Peas & Onions Red Rice Local Vegetables Broccoli Fruit
Secondary Second Choice: Taco Salad Salad Bar/Packed Salad WGR Tortilla/Tortilla Chips Fruit
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Word of the Month

noun. 1. the quality of never giving up 2. persisting at a task or object despite difficulties, obstacles, and discouragement

Covering Some Ground

Believe it or not, there is no fixed size for a regulation soccer field, even at the pro level. Most pro fields are about 110 yards long and 75 yards wide. Turn those numbers into feet and multiply them together, and you’ll get the area of a typical pro soccer field – nearly 75,000 square feet! And the goalie has to cover 192 square feet of open goal!