

# August 2020

## DISTANCE LEARNING MEALS Liberty Union HSD

### BREAKFAST



Heritage: (925) 634-0037 x6923 [ellingso@luhsd.net](mailto:ellingso@luhsd.net)

Liberty: (925) 634-3521 x5251 [austinv@luhsd.net](mailto:austinv@luhsd.net)

Freedom: (925) 625-5900 x3549 [feldermannr@luhsd.net](mailto:feldermannr@luhsd.net)



**Nutrition Tip:** Drink water! Sip water or other drinks with few or no calories to 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

3

### Tuesday

4

### Wednesday

5

### Thursday

6

### Friday

7

Mini bagel filled with Strawberry Cream Cheese

10

Cinnamon Bun

11

Cereal Graham Cracker

12

Choc Chip Muffin

13

Cinnamon Crumble

14

Mini bagel filled with Strawberry Cream Cheese

17

Cinnamon Bun

18

Cereal Graham Cracker

19

Choc Chip Muffin

20

Cinnamon Crumble

21

Mini bagel filled with Strawberry Cream Cheese

24

Cinnamon Bun

25

Cereal Honey Nut Cheerios or Graham Cracker

26

Choc Chip Muffin

27

Cinnamon Crumble

28

Mini bagel filled with Strawberry Cream Cheese

31

