

# AUGUST 2021

## BREAKFAST



**Penn Manor  
School District**



**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**

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**National Watermelon Day**

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**National Root Beer Float Day**

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**National Waffle Day**

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**WELCOME BACK!!** 30

Managers Choice

31

Managers Choice

1

Managers Choice

**K-12 Early Dismissal!** 2

Managers Choice



*This institution is an equal opportunity provider.*