

AUGUST 2021

BREAKFAST



PM 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

2

National Watermelon Day

3

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National Root Beer Float Day

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18

19

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23

National Waffle Day

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25

26

27

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.