

August 2018



Irwin County School
Nutrition
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|------------|
| | 1 | 2 | 3 | 4 |
| 7 | 8 | 9 | 10 | 11 |
| | | | | NO SNACK |
| 14 | 15 | 16 | 17 | 18 |
| | NO SNACK | NO SNACK | NO SNACK | NO SNACK |
| 20 | 21 | 22 | 23 | 24 |
| Black Plum High in Antioxidants, vitamins & minerals | Zucchini Sticks can be cooked in noodle like spirals | Kiwi Fruit helps you get a good night's sleep because it's high in serotonin | GA Grown Peaches Georgia is known for its peaches | Assortment |
| 27 | 28 | 29 | 30 | 31 |
| Navel Orange are seedless and easy to peel! | Bartlett Pear are a good source of vitamin C & fiber | Yellow Squash slices summer squash great eaten raw | HoneyDew Melon is a great source of B vitamins | Assortment |

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