



Breakfast Lunch

Monday, September 2nd

No School - Labor Day

Tuesday, September 3rd

Egg and Cheese Muffin	Spaghetti & Meat Sauce Green Beans
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Wednesday, September 4th

Blueberry Muffin	Cheese Pizza Steamed Broccoli
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Thursday, September 5th

Breakfast Sausage Sandwich	Turkey Nacho Bowl Turkey Meat, Cheese, Brown Rice, Salsa
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Friday, September 6th

French Toast Sticks	Oven Fried Chicken, Tator Tots w/ Ketchup, Steamed Corn, WG Biscuit
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Food Allergy Worries?

Sending your child off to school for the first time may be difficult for any parent. Parents having children with food allergies have even more anxiety. Recent studies have shown that 1 in 20 young children under the age of 5 years are allergic to at least one food. Peanuts, milk, and wheat are some of the most common food allergies affecting young children today. Try these lunch ideas for these common allergies:

We are an Allergy Aware School.



- ◆ **No Peanuts:** Sunbutter is made with sunflower seeds, and it is a safe substitute for kids with peanut or tree nut allergies. Sunbutter can be served alone, paired with a favorite jam or jelly, used with sliced fruit or crackers, or used in a variety of peanut and tree nut free recipes.
- ◆ **No Milk:** Soymilk is the most common milk substitute. You can use soy milk in your cereals, smoothies, or in place of regular milk in your favorite recipes.
- ◆ **No Wheat:** Choose from these flours: rice, potato starch, soy, tapioca, or corn instead or wheat, barley, or rye. Some wheat-free snack ideas include rice cakes; cereal (Rice Chex, Corn Chex, Gluten Free Apple Cinnamon Cereal or Rice Krispies); fruit snacks; rice crackers; or snacks from Enjoy Life Foods, like the Soft and Chewy Caramel Apple Snack Gluten-Free Bars.

This institution is an equal opportunity provider and employer. Menus are subject to change.

Available Daily

All Meals Served With:
Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice

Breakfast Lunch

Monday, September 9th

Cinnamon Toast Crunch Cereal	White Beans and Rice Steamed Broccoli
Cheese String	Cornbread

Tuesday, September 10th

Chicken and Maple Waffles	Cheesy Pinwheel w/ Marinara Sauce, Green Beans
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Wednesday, September 11th

Banana Muffin	Chicken Tenders, Potato Wedges w/ Ketchup
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Thursday, September 12th

Maple Pancake Sandwich	Frito Pie w/ Chili, Chips, Cheese, Sour Cream Steamed Corn, Salsa
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Friday, September 13th

Cinnamon Rolls w/ Icing	Hamburger w/ Mustard, Mayo French Fries w/ Ketchup
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September 2nd 2019



► *Available Daily*

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice

5-4-3-2-1, GO!

Nutrition and physical activity play an important role in a child's health. Staying healthy can be easy to remember when you think about five numbers (5-4-3-2-1).

Each number represents the following:

- ⇒ 5 servings of fruits and vegetables
- ⇒ 4 servings of water a day
- ⇒ 3 servings of low-fat dairy
- ⇒ 2 hours or less of screen time a day
- ⇒ 1 hour or more of physical activity a day



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Breakfast Lunch

Monday, September 16th

Cinnamon Toast	Loaded Baked Potatoes -
Crunch Cereal	Chili, Cheese, Sour Cream
Cheese String	Green Beans, WG Biscuit

Tuesday, September 17th

Egg & Cheese Muffin	Pepperoni Pizza
	Steamed Corn

Wednesday, September 18th

Blueberry Muffin	Chicken Thigh w/ Gravy
	Brown Rice, Broccoli

Thursday, September 19th

Maple Pancake	Turkey Taco Bowl -
Chicken Sausage Sandwich	Turkey Meat, Cheese, Brown Rice, Salsa

Friday, September 20th

French Toast Sticks	Lasagna, Steamed Corn
	Garlic Bread Stick

Breakfast Lunch

Monday, September 23rd

Cinnamon Toast	Red Beans & Rice
Crunch Cereal	Green Beans, Cornbread
Cheese String	

Tuesday, September 24th

Chicken and Maple Waffles	BBQ Chicken Thigh w/ Mac and Cheese, Corn
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Wednesday, September 25th

Banana Muffin	Salisbury Steak w/ Gravy
	Potatoes Au Gratin, Steamed Broccoli, WG Biscuit

Thursday, September 26th

Beef Sausage Sandwich	Turkey Nacho Bowl - Turkey Meat, Cheese, Brown Rice, Corn, Salsa
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Friday, September 27th

Cinnamon Rolls w/ Icing	Turkey and Cheese Panini
	Steamed Green Beans

Monday, September 30th

Cinnamon Toast	Spaghetti and Meatballs
Crunch Cereal	Steamed Broccoli, Breadstick
Cheese String	

What's In Season: *Peaches*

Peach Benefits:

- 1) Anti-Inflammatory
- 2) Reduces bad LDL cholesterol
- 3) Wards off diabetes
- 4) Supports eye health
- 5) Vitamin C to support skin cells



September is National Whole Grain Month

Whole grains are packed with nutrients including protein, fiber, B vitamins, antioxidants, and trace minerals (iron, zinc, copper, and magnesium). A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.