



Breakfast Lunch

Wednesday, September 1st

Banana Muffin Turkey Tacos
Cheese String

Thursday, September 2nd

Chicken Biscuit Oven Fried Chicken
Sandwich Tator Tots, Broccoli, Biscuit

Friday, September 3rd

Cinnamon Rolls Pepperoni Pizza, Salad
w/ Icing w/ Carrots

Monday, September 6th

No School - Labor Day

Tuesday, September 7th

Egg and Cheese Red Beans w/ Rice
Sandwich Carrots w/ Ranch, Cornbread

Wednesday, September 8th

Blueberry Muffin Frito Pie
Cheese String

Thursday, September 9th

Maple Pancake BBQ Chicken Thigh, Mac
Sandwich & Cheese, Baked Beans,
Green Beans

Friday, September 10th

French Toast Turkey and Cheese Ciabatta
Sticks Seasoned Corn

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. Being able to prepare a healthy and allergy-free lunch with kid-friendly foods is possible.



Try these lunch ideas for these common allergies:

- ◆ **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. But if soy milk isn't right for you, some other options are rice, almond, coconut, or oat milk.
- ◆ **No Wheat:** Choose from these flours: rice, potato starch, soy, tapioca, or corn instead of wheat, barley, or rye. Some wheat-free snack ideas include rice cakes; popcorn or corn puffs like Puffcorn; cereal (Rice Chex, Corn Chex, Gluten Free Apple Cinnamon Cereal or Rice Krispies); fruit snacks; or rice crackers.

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

**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, September 13th

Cinnamon Toast Hamburger w/ Fries
Cereal, Cheese String Dressing Cup, Mayo, Ketchup

Tuesday, September 14th

Maple & Chicken White Beans & Rice
Sausage Sandwich Carrots w/ Ranch, Cornbread

Wednesday, September 15th

Banana Muffin Turkey Nachos
Cheese String

Thursday, September 16th

Chicken Biscuit Herb Roasted Chicken
Sandwich w/ Rice and Gravy, Peas
Salad w/ Carrots, Biscuit

Friday, September 17th

Cinnamon Rolls Lasagna w/ Green Beans
w/ Icing Bread Stick



► **Available Daily**

All Meals Served With:

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

**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, September 20th

Cinnamon Toast Cereal, Cheese String Cheese Pizza Salad w/ Carrots

Tuesday, September 21st

Egg and Cheese Sandwich Red Beans & Rice Carrots w/ Ranch

Wednesday, September 22nd

Blueberry Muffin Cheese String Turkey Tacos

Thursday, September 23rd

Maple Pancake Sandwich Gumbo w/ Chicken & Sausage, Rice, Salad w/ Tomatoes, WG Crackers

Friday, September 24th

French Toast Sticks Spaghetti & Meat Sauce Garlic Bread, Broccoli

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



Breakfast Lunch

Monday, September 27th

Cinnamon Toast Cereal, Cheese String Chicken Tenders, Potato Wedges, Carrots w/ Ranch

Tuesday, September 28th

Chicken & Maple Sausage Sandwich White Beans w/ Rice Carrots w/ Ranch, Cornbread

Wednesday, September 29th

Banana Muffin Cheese String Turkey Tacos

Thursday, September 30th

Chicken Biscuit Sandwich Oven Fried Chicken Tator Tots, Broccoli, Biscuit

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



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