Elementary Menus for September

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

Weekly Breakfast Menu

All meals served with fruit & choice of milk

Monday
ECC-Cereal & Bread Item
HES-Grab & Go
MES-Breakfast Pizza or Cereal & Bread Item

Tuesday
ECC-Biscuit Sandwich
HES-Grab & Go
MES-Sausage & Egg Biscuit or Cereal & Bread Item

Wednesday
ECC-Cereal & Bread Item
HES-Grab & Go
MES- Breakfast Burrito or Cereal & Bread Item

Thursday
ECC- Pancakes
HES-Grab & Go
MES-Biscuit & Gravy or Cereal & Bread Item

Friday
ECC-Cereal & Bread Item
HES-Grab & Go
MES-Pancakes or Cereal & Bread Item

Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Lunch Chicken Nuggets Potato Smiles Red Grapes **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Hamburger Black Beans Fruit Cocktail **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Chicken Sandwich Tator Tots Fresh Kiwi **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Pepperoni Pizza Veggies W/ Dip Chilled Pears **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item

Monday 7– No School	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
 HAPPY LABOR DAY!	**Lunch** Chicken Quesadilla Black Beans Salsa Applesauce **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Hot Ham & Cheese Cooked Carrots Fresh Mixed Fruit Cup **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Corn Dog Veggies W/ Dip Chilled Pears **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Cheese Pizza Potato Smiles Watermelon **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Lunch Chicken Fried Steak Mashed Potatoes W/Gravy, Apple Wedges **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** BBQ Rib Sandwich Green Beans Chilled Peaches **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Chicken Strip Wrap Baked Beans Mandarin Oranges **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Toasted Cheese Sandwich Cooked Carrots Red Grapes **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Pepperoni Pizza Broccoli W/ Cheese Chilled Pears **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item

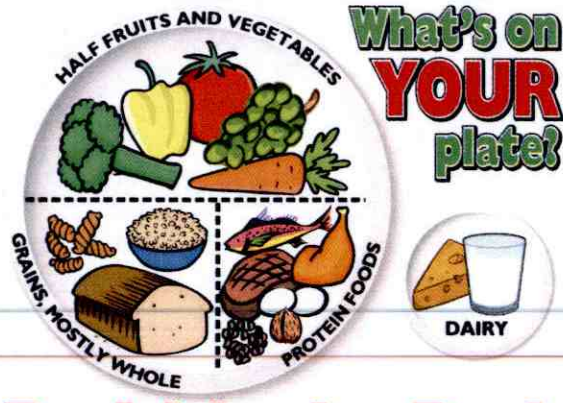
NUTRITION TO GO

When kids are served carrots or red pepper strips or an apple right before dinner-time or as a first course at dinner, they are more likely to eat the fruit and veggies given to them. They're also less likely to overindulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!

A TASTY MORSEL FOR PARENTS

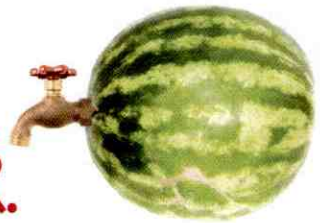
Monday 21-No School	Tuesday 22	Wednesday 23	Thursday 24	Friday 24
	Lunch Chicken Nuggets Veggies W/ Dip Chilled Peaches **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** El Grande Nachos Cheese & Salsa Refried Beans Orange Wedges **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Lasagna Green Beans Chilled Pineapple **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Cheese Pizza Tator Tots Watermelon **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item

What's on YOUR plate?



Monday 28	Tuesday 29	Wednesday 30
Lunch BBQ Pork Sandwich Baked Beans Red Grapes **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Cheeseburger Mac Green Beans Chilled Pears **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item	**Lunch** Chicken Sandwich Broccoli W/ Cheese Mandarin Oranges **Parfait Plate** (Grades 2-5) Fruit Parfait String Cheese, Apple Slices Fresh Veggies W/ Dip Bread Item

EAT YOUR WATER.



Your go-to choice for hydration should be good old H2O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Red blocks Red.

Tomatoes and many other red and orange fruits and veggies contain a fantastic substance known as "lycopene." Lycopene does many wonderful things for your health -- among them, helping to protect your skin from sunburn.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

DON'T 4GET!

Take at least ONE FRUIT or VEGGIE and at least THREE items total so your meal counts as a complete lunch!

Mooseum Quality

Choice of milk served with all complete meals:
Lowfat & Nonfat White
Nonfat Chocolate
Extra Milk is .50¢

Breakfast
Full Paid $1.50
Reduced $ .30

Lunch
Full Paid $2.25
Reduced $ .40

Get in touch with us today to learn more about free and reduce priced meals. 380-4226