

Monday, September 15

Breakfast

Cheesy Chicken Biscuit

Lunch

-Pepperoni Pizza*
-Turkey & Cheese Croissant
-Popcorn Chicken Salad
& Bosco Stick
-PBJ Sandwich
Green Beans
Chilled Pears
Cold Milk

Tuesday, September 16

Breakfast

Cherry Frudel

Lunch

-Chicken & Waffles
-Toasted Cheese Sandwich
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Seasoned Carrots
Chilled Mixed Fruit
Cold Milk

Wed., September 17

Breakfast

Cinnamon Toast
Crunch Muffin

Lunch

Toasted Ravioli
& Bosco Stick
-Hot Ham & Cheese Sandwich
-Chef Salad & Bosco Stick
-PBJ Sandwich
Sweet Corn
Chilled Peaches
Cold Milk

Thursday, September 18

Breakfast

Bacon, Egg & Cheese Biscuit*

Lunch

-Orange Chicken & Fried Rice
-Turkey & Cheese Wrap
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Steamed Broccoli
Pineapple Tidbits
Fortune Cookie
Cold Milk

Friday, September 19

Breakfast

Mini Waffles & Syrup

Lunch

-Cheesy Chicken Nachos
-Hamburger on Bun
-Chef Salad & Bosco Stick
-PBJ Sandwich
Ranchero Beans
Orange Smiles
Cold Milk

Monday, September 22

Breakfast

Sausage Biscuit*

Lunch

-Hot & Spicy Chicken
Sandwich
-Corn Dog
-Popcorn Chicken Salad
& Bosco Stick
-PBJ Sandwich
Green Beans
Chilled Mixed Fruit
Cold Milk

Tuesday, September 23

Breakfast

Cinnamon Roll

Lunch

-French Toast Sticks
& Sausage*
-Sub Sandwich
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Baby Carrots
Chilled Pears
Gogurt Yogurt
Cold Milk

Wed., September 24

Breakfast

Pop Tarts

Lunch

-Hot Dog on Bun
-Cheesy Breaded Chicken
Sandwich
-Chef Salad & Bosco Stick
-PBJ Sandwich
Baked Beans
Chilled Applesauce
Cold Milk

Thursday, September 25

Breakfast

Banana Bread

Lunch

-Chicken Nuggets & Roll
-Meatball Sandwich
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Cheesy Broccoli
Chilled Peaches
Cold Milk

Friday, September 26

Breakfast

French Toast Sticks & Syrup

Lunch

-Straw Hat
-Fish Shapes &
Cornbread Muffin
-Chef Salad & Bosco Stick
-PBJ Sandwich
Sweet Corn
Fresh Apple
Cold Milk

Monday, September 29

Breakfast

Breakfast Pizza*

Lunch

-Cheese Pizza
-Ham & Cheese Croissant
-Popcorn Chicken Salad
& Bosco Stick
-PBJ Sandwich
Seasoned Green Beans
Chilled Pears
Cold Milk

Tuesday, September 30

Breakfast

Yogurt Cup
& Cinnamon Toast

Lunch

-Mini Corn Dogs
-BBQ Burger on Bun
-Italian Salad
& Bosco Stick
-PBJ Sandwich
Emoji Potatoes
Chilled Applesauce
Cold Milk



Red blocks Red.



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

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 over-indulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!

A QUICK BITE FOR PARENTS



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!