



**What's on
YOUR
plate?**



Make this the year you eat more fruits and veggies. And let us help!

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack. **And whenever you**

choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!



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

Monday, September 9

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Yogurt with Granola

Lunch

Chicken Sticks with Pretzel
Pulled Pork BBQ Sandwich
PB & J Sandwich
Chef Salad with Round Roll
Sides:

Bean Salad / Cesar Salad

Soft Pretzel

Fruit and Milk

Tuesday, September 10

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Sausage and Cheese Bagel

Lunch

Salisbury Steak with Roll
Breaded Chicken Sandwich
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:

Creamy Mashed Potatoes /Fresh
Veggies

Fruit and Milk

Wed., September 11

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Bagel with Cream Cheese

Breakfast for Lunch

2 Pancakes with Sausage w/ Syrup
Ham and Cheese Croissant
PB & J Sandwich
Chef Salad with Round Roll
Sides:

Tater Tots /Fresh Veggies
Fruit Juice and Milk

Thursday, September 12

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Scrambled Eggs / Toast

Lunch

Creamy Macaroni and Cheese
with Roll
Hot Dog on Bun
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crks
Sides:

Steamed Broccoli /Fresh
Veggies/ Baked Fruit Crisp
Milk

Friday, September 13

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or French Toast Sticks

Lunch

Personal Cheesy Pizza
Bloom Lunchable
PB & J Sandwich
Chef Salad with Round Roll
Sides:

Tossed Salad/ Fresh Veggies
Fruit and Milk

Monday, September 16

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Mini Waffles

Lunch

Popcorn Chicken with Roll
Sloppy Joe on a Bun
PB & J Sandwich
Chef Salad with Round Roll
Sides:

Zesty Baked Beans /Fresh
Veggies
Fruit and Milk

Tuesday, September 17

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Funnel Cake

Lunch

Nacho Chips with Cheese and Chili
Turkey and Cheese on Pretzel
Roll
PB & J Sandwich
Chef Salad with Graham Crackers
Sides:

Black Bean Salsa /Lettuce and
Tomato / Fresh Veggies
Fruit Ice and Milk

Wed., September 18

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cinnamon Roll

Lunch

Chicken Pot Pie (Chicken Gravy
and Noodles) with Roll
Hamburger on a Roll
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:

Mixed Vegetables /Fresh
Veggies / **Pudding Cup**
Fruit and Milk

Thursday, September 19

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Breakfast Pizza

Lunch

Toasted Cheese Sandwich
Deli Hoagie
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:

Tomato Soup with Crackers
Baby Carrots / Fresh Veggies
Fruit and Milk

Friday, September 20

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Bagel with Cream Cheese

Fair Preview Lunch

Funnel Cake with Sausage
Bloom Lunchable
PB & J Sandwich
Chef Salad with Round Roll
Sides:

Tossed Salad/ Fresh Veggies
Fruit and Milk

Monday, September 30

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Ham and Cheese Bagel

Lunch

Chicken Tenders with Roll
Hamburger on a Roll
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:

Green Peas / Bean Salad
Fruit and Milk

First things First

**Choose at least ONE serving of FRUIT
and at least THREE items TOTAL
so your meal counts as a Complete Breakfast!**

BREAKFAST@SCHOOL
For first-class learning!