



**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 3



No School!

Tuesday, September 4

Breakfast

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

Taco Tuesday Lunch

Beef and Cheese Soft Shell Taco
Beef and Cheese with Taco Chips
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers

Sides:

Black Bean Salsa
Golden Corn / Lettuce and
Tomato
Fruit and Milk

Wed., September 5

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Egg and Cheese on a Muffin

Lunch

Pepperoni and Cheese Stromboli
with Sauce
Hot Dog on a Roll
PB & J Sandwich

Sides:

Chef Salad with Round Roll
Mixed Vegetable / Fresh Veggies
Fruit and Milk

Thursday, September 6

Breakfast

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

Lunch

Turkey and Waffles
Hot Ham and Cheese on
Croissant
PB & J Sandwich

Sides:

Chef Salad with Dinner Roll
Creamy Masked Potatoes /
Fresh Veggies
Fruit and Milk

Friday, September 7

Breakfast

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

Lunch

Cheesy Pizza Wedge
Yogurt Cup with Graham
Crackers
PB & J Sandwich

Sides:

Chef Salad with Round Roll
Candied Carrots / Fresh Veggies
Fruit and Milk

Monday, September 10

Breakfast

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

Lunch

Chicken Sticks with Roll
BBQ Rib Sandwich
PB & J Sandwich
Chef Salad with Round Roll

Sides:

Bean Salad / Cesar Salad
Soft Pretzel
Fruit and Milk

Tuesday, September 11

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 12

Breakfast

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

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 13

Breakfast

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

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 14

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:

Steamed Broccoli/ Fresh Veggies
Fruit and Milk

Monday, September 17

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 18

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 19

Breakfast

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

Lunch

Chicken and Biscuits
BBQ Rib Sandwich
PB & J Uncrustable
Chef Salad with Dinner Roll

Sides:

Mashed Potatoes /Fresh Veggies
Pudding Cup
Fruit and Milk

Thursday, September 20

Breakfast

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

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

Friday, September 21

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:

Candied Carrots / Fresh Veggies
Fruit and Milk