



September 2017



Join us for BREAKFAST, served 7:45-8:10 am Choices may include: cereal, muffins, bagels, or UBR bar, cheese stick or yogurt, fruit, and milk					
All meals are served with 1/2 or non-fat ice-cold milk					
Monday	Tuesday	Wednesday ** Early Release	Thursday	Friday	FFVP Focus
August 28	29	30	31	September 1	Starfruit
French Bread Pizza, Italian Garden Salad, Sunny Orange Slices	Beefy Cheese Quesadilla with Lettuce & Tomato, Refried Beans, Plump Plum	Bold BBQ Chicken w/ Toast Triangles, Sweet Corn, Awesome Apples	Bean Burrito Bowl, Lettuce & Tomato, Orange Smiles	Beefy Burger on Bun, Potato Salad, Snap Peas, Super Strawberries	
4	5	6	7	8	Healthy Habit #2: 5-a-day
Labor Day No School	Green Chili Chicken, Tortilla, Beans, Purple Plums	Deli Ham & Cheese Sandwich, Crunchy Carrots & Cucumber Slices, Fuzzy Peach	Baked Chicken Tenders, Spicy Spanish Rice, Crisp Corn, Apple Wedges	Layered Lasagna w/Zesty Marinara Sauce, WG Dinner Roll, Italian Super Salad, Berries	
11	12 Family Night	13	14	15	Honeydew Melon
Breakfast for Lunch Mini Pancakes, Sizzling Sausage Links, Hashbrowns, White Peaches	Cheesy Bean Burritos, Fierce Salsa, Garden Fresh Salad, Apple Slices	Mini Corn Dogs, Testy Spanish Rice, Super Salad, Orange Smiles	Meaty Pasta Swirls with Marinara Sauce, WG Roll, Crunchy Carrots & Celery, Melon	Tangy Orange Chicken & Rice Bowl, Mixed Veggies, Sweet Strawberries	
18	19	20	21	22 Autumn Begins!	Cucumber
Cottage Pie with Mixed Veggies, Buttery Biscuit, Melon Medley	Enchiladas with Lettuce & Tomato, Refried Beans, Oranges	Cheesy Turkey Sandwich, Zesty Italian Garden Salad, Fuzzy Peach	Teriyaki Rice Bowl, Mixed Veggies, Sweet Berries	Harvest Burger on Bun, Sweet Potato Fries, Autumn Apples	
25	26	27	28	29	Cantaloupe
Mighty Meatloaf, Dinner Roll, Mashed Potatoes, Fun Fruit Salad	Mrs. B's Chicken Salad, Chips, Rich Mashed Beans, Grape Buddies	Soup & Toasted Cheesewich Garden Salad, Kiwi Wedges	Creamy Beef Stroganoff Pasta, Steamed Veggies, Melon Slices	Chicken Chop Suey with Rice, Carrot Sticks, Strawberries	

Answer this question & receive a little prize from Mrs. Acosta!



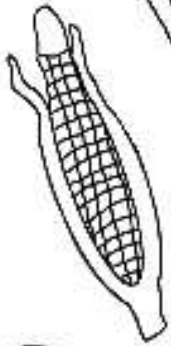
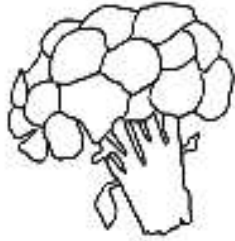
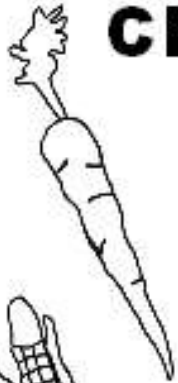
How many servings of fruits & veggies should you eat EACH DAY?

Tuesday, 9/12 @ 5:00 p.m.

M a t h N i g h t

This institution is an equal opportunity provider. *Esta institución es un proveedor que ofrece igualdad de oportunidades.* Food items are subject to availability.

Choose A Healthy Lifestyle



5 A DAY



Eat plenty of fruit and vegetables.

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Make a list of your FAVORITE fruits & veggies

What are some new fruits & veggies you will try this month?
