



# Nutrition & Wellness News Sept 1, 2022

## Breakfast Menu - served 7:45-8:05 a.m.



Sept 5-8	Monday	Tuesday	Wednesday	Thursday
Choice 1	<b>Labor Day Holiday</b>	Breakfast Burrito 	Waffle & Sausage 	Breakfast Pizza 
Choice 2		Assorted Cereal	Assorted Cereal	Assorted Cereal
Choice 3		Yogurt	Hardboiled Eggs	String Cheese
Sides		Carrots, Apples Cinni-Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

## Lunch Menu



Sept 5-8	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<b>Labor Day Holiday</b>	<u>Chicken Chilaquiles</u> Breaded Chicken Bites cooked on a cheesy Sauce with Tortilla Chips	<u>Hamburger</u> Beef Burger with a Whole Wheat Bun	<u>Pepperoni Pizza</u> Cheese and Turkey Pepperonis on a Whole Wheat Crust
Cold Choice		 <u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce & Salsa	 <u>Fun Box</u> Yogurt, String Cheese & Gold Fish Cracker	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese
Choices of Veggies		Pico de Gallo Salad Refried Beans, Corn	 Roasted Potatoes Lettuce, Tomato & Pickles	Caesar Salad Cucumbers Slices
Choice of Fruit		Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day

## Fresh Fruit & Vegetable Program (FFVP)

FFVP	Labor Day	 Gala Apple Angel Orchard	 Pomegranate Pinnacle Farms	 Watermelon Abdelgabar Mohamidian

This institution is an equal opportunities provider. Menu subject to change without prior notice.  
Choice of 1% or fat-free milk offered with every meal.



# Mix it Up

WITH THE NATIONAL SCHOOL LUNCH PROGRAM



Available to all students at no charge



LEARN MORE

This institution is an equal opportunity provider.

## FAMILY MEALS FUEL BETTER NUTRITION



The more meals families share, the better they eat, literally—consuming more healthy items like fruits, vegetables, fiber, calcium-rich foods, and vitamins. Pediatrics 2011

3+ MEALS PER WEEK



#RaiseYourMitt #FamilyMealsMonth NationalFamilyMealsMonth.org

## LAS COMIDAS EN FAMILIA PROMUEVEN UNA MEJOR NUTRICIÓN



Mientras más comidas comparten las familias, mejor comen. Literalmente, consumen más alimentos saludables como frutas, verduras, fibra, alimentos ricos en calcio y vitaminas. Pediatrics 2011

MÁS DE 3 COMIDAS POR SEMANA



#RaiseYourMitt #FamilyMealsMonth NationalFamilyMealsMonth.org



This month, commit to one more family meal at home per week



Este mes, comprométete a una comida familiar más en casa por semana