



Nutrition & Wellness News Sept. 8, 2022

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



Sept 12-15	Monday	Tuesday	Wednesday	Thursday
Choice 1	Breakfast Wrap	Breakfast Burrito	Yogurt Parfait	Breakfast Sandwich
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	String Cheese
Sides	Carrots, Apples Applesauce Cup	Carrots, Apples Cinni-Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Sept 12-15	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Cheese Breadstick</u> Breadstick stuffed with Cheese and Marinara Sauce to dip	<u>Fiesta Chicken Wrap</u> Whole Wheat Tortilla with Fiesta Chicken Strips	<u>Hot Ham and Cheese</u> Whole Wheat Sub Bun with Turkey Ham	<u>Asian Chicken & Noodles</u> Sesame Diced Chicken with Rice Noodles
Cold Choice	<u>Peanut Butter & Jelly Sand</u> Whole Wheat Bread with Peanut Butter and Grape Jelly	<u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce, & Salsa	<u>Fun Box</u> Yogurt, String Cheese & Gold Fish Crackers	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese and Croutons
Choices of Veggies	Spring Mix Salad Carrot Salad	Pico de Gallo Salad, Refried Beans, Corn	<i>Sliced Tomatoes, Leaf Lettuce and Pickles</i>	Caesar Salad Roasted Broccoli
Choice of Fruit	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day

Fresh Fruit & Vegetable Program (FFVP)

FFVP	Brocolini From Whipstone Farm	Armenian Cucumbers From Aguiar Farms	Fresh Nectarines	Charentais Melon From Rhiba Farms
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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.



In 2020, a Journal of Nutrition Education and Behavior (JNEB) study found:

Family meals improve fruit and vegetable consumption – studies showed a positive relationship between family meal frequency and fruit and vegetable intake when examined separately, but also when fruit and vegetable intake were combined.

Family meals improve family functioning – studies demonstrated a positive relationship between family meal frequency and measures of family functioning. Family functioning is defined as family connectedness, communication, expressiveness, and problem-solving.

En 2020, un estudio del Journal of Nutrition Education and Behavior (JNEB) encontró:

Las comidas familiares mejoran el consumo de frutas y verduras: los estudios mostraron una relación positiva entre la frecuencia de las comidas familiares y la ingesta de frutas y verduras cuando se examinan por separado, pero también cuando se combinan la ingesta de frutas y verduras.

Las comidas familiares mejoran el funcionamiento familiar: los estudios demostraron una relación positiva entre la frecuencia de las comidas familiares y las medidas del funcionamiento familiar. El funcionamiento familiar se define como la conexión familiar, la comunicación, la expresividad y la resolución de problemas.

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

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