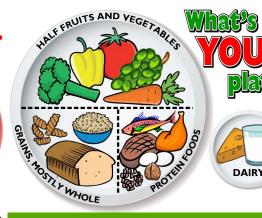


This institution is an equal opportunity provider and employer.

## CHEW ON THIS.

Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, apples have recently been shown to improve digestion and digestive health. But be sure to eat the actual fruit -- applesauce and apple juice



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. **WELLNESS IS A WAY OF LIFE!** 

## **Eat Like a Blue Heron!**

Do you see the Great Blue Heron lurking in this picture? Herons hang out motionless in shallow water until they can spear unsuspecting fish. In fact, the heron's diet is almost entirely seafood! Nutritionists say that we should eat seafood at least twice a week. How often do you eat like a Blue Heron?!



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

#### Monday, September



#### Tuesday, September

### **Breakfast**

Muffins, Milk, Juice Lunch Corn Dogs, Baked

Beans, Honeydew melon, Milk

#### Wed., September 3

#### **Breakfast**

Sausage, biscuit, leggs, Strawberries, Milk

#### Lunch

Tacos w/Let. & Tom., Corn, Orange slices, Milk

#### Thursday, September

#### **Breakfast**

Pop Tarts, Milk, Juice

#### Lunch

Chicken nuggets, Dinner roll, Green beans, Grapes, Milk

#### Friday, September 5

#### **Breakfast**

Parfait Cups, Breakfast Pizza, Milk

#### Lunch

Turkey wraps, Cucumber slices, Carrot sticks w/ Ranch dressing, Apples, Chips, Milk

#### Monday, September

No School

#### **Breakfast**

Cereal, Raisin Toast, Milk, Juice

#### Lunch

Hamburgers, Tater Tots, Green beans, Strawberries, Milk

#### Tuesday, September

#### **Breakfast**

Breakfast Burritto, Cantaloupe, Milk

#### Lunch

Chicken sandwiches, Let. & Tom., Honeydew melon, Milk

#### Wed., September 10

#### **Breakfast**

Pop Tart, Milk, Juice

#### Lunch

PBJ Sandwich, Carrot sticks, Sun Chips, Apple, Milk

> **EARLY** DISMISSAL

#### Thursday, September

#### **Breakfast**

English muffins, with ham, eggs & cheese, Milk, **Applesauce** 

#### Lunch

Beef & Bean Burritto, Spanish rice, Mixed fruit, Milk

#### Friday, September 12

#### **Breakfast**

Cereal, Raisin Toast, Milk, Juice

#### Lunch

Tuna salad. Crackers, Lettuce & Pickle spear, Grapes, Milk

# NUTRITION 7050

Fiber is just as important for kids as it is for adults. The best sources are the foods we're usually told to eat more of: whole-grains, fresh fruits, and vegetables. When the entire family eats whole grain bread, kids get in the habit of eating fiber at an early age. And a bowl of berries or a bunch of bananas on the kitchen counter makes reaching for fiber easier!

