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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 don't provide the same benefits.



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



What's on
YOUR
plate?

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

LABOR DAY

No School

Tuesday, September

Breakfast
Muffins, Milk, Juice

Lunch
Corn Dogs, Baked Beans, Honeydew melon, Milk

Wed., September 3

Breakfast
Sausage, biscuit, eggs, 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

Breakfast
Cereal, Raisin Toast, Milk, Juice

Lunch
Hamburgers, Tater Tots, Green beans, Strawberries, Milk

Tuesday, September

Breakfast
Breakfast Burrito, 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 Burrito, Spanish rice, Mixed fruit, Milk

Friday, September 12

Breakfast
Cereal, Raisin Toast, Milk, Juice

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

NUTRITION TO GO

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!

A TASTY MORSEL FOR PARENTS