



SEPTEMBER | 2018

Primary & Van Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Labor Day	4 Breakfast: Toast Juice-Fruit-Milk Lunch: Quesadilla Refried Beans Celery Pears Milk	5 Breakfast: Ham & Cheese Croissant Fruit-Fresh Fruit-Milk Lunch: Stuffed Breadstick/Sauce Broccoli-Cauliflower Applesauce Milk	6 Breakfast: Muffin Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Mashed Potato Normandy Blend Peaches Dinner Roll Milk	7 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Footlong Dog on Bun Carrots Corn Apple Milk
10 Breakfast: French Toast Blueberry-Fruit-Milk Lunch: Chicken Nugget Tossed Salad Grape Tomato-Cucumber Fruit Cocktail Slice of Bread Milk	11 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos (2 Soft Shell) Lettuce-Salsa-Cheese Refried Beans Juice Milk	12 Breakfast: Biscuit Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza Broccoli Zucchini Grapes Milk	13 Breakfast: Cereal & Toast Fruit-Fresh Fruit-Milk Lunch: Salisbury Steak Mashed Potato & Gravy Nantucket Blend Vegetables Jell-O with Fruit Milk	14 Breakfast: Ham & Cheese Croissant Juice-Fresh Fruit-Milk Lunch: B-B-Q on Bun Carrots Celery Banana Milk
17 Breakfast: Flapstick Blueberry-Fruit-Milk Lunch: Chef Salad Grape Tomato-Cucumber Baked Appels Breadstick Milk	18 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2 Soft Shell) Lettuce-Salsa-Cheese Refried Beans Juice Milk	19 Breakfast: Berry Bread Fruit-Fresh Fruit-Milk Lunch: Sausage Pizza Broccoli Cauliflower Pineapple Milk	20 Breakfast: Cereal & Toast Fruit-Fresh Fruit-Milk Lunch: Baked Mostaccioli Green Beans Peaches Milk	21 Breakfast: Breakfast Pizza Juice-Fresh Fruit-Milk Lunch: Turkey & Cheese Sub Sliced Tomato-Lettuce French Fries Juice Milk
24 Breakfast: Pancake Blueberry-Fruit Lunch: Ham & Cheese Bun Sliced Tomato-Lettuce Roasted Squash Orange Wedges Milk	25 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Fajita (2 Soft Shell) Lettuce-Salsa-Cheese Refried Beans Juice Milk	26 Breakfast: English Muffin Fruit-Fresh Fruit-Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Pears Milk	27 Breakfast: Cereal & Toast Fruit-Fresh Fruit-Milk Lunch: Ham with Scalloped Potato Green Beans Strawberry Shortcake Milk	28 Breakfast: Ham & Chees Croissant Juice-Fresh Fruit-Milk Lunch: Cheeseburger on Bun Sliced Tomato-Lettuce Baby Carrots Juice Milk

News

Savor the Flavor of Eating Right
 Encourage everyone to take time to appreciate the pleasures, great flavors, and social experiences food can add to our lives. It's easier than you think to make healthy eating a habit. Even small changes can make a big difference. Try incorporation at least six of the eight goals below into your diet:

- * **Make half you plate fruit & Vegetable.**
 - * **Make half the grains you eat whole grains.**
 - * **Switch to fat-free or Low -fat(1%) Milk**
 - * **Choose a variety of lean protein**
 - * **Compare sodium in foods.**
 - * **Drink water or herbal tea instead of sugary drinks.**
 - * **Eat Some Seafood.**
 - * **Cut back on solid fats: Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies and other dessert (often make with butter, margarine, or shortening). Too much pizza, fatty meats(such as sausage, bacon, ribs,) and ice cream can contribute to poorer health and weight gain.**
- Develop a mind full eating pattern that includes nutritious and flavorful foods**