

MENUS FOR SEPTEMBER 2017

GES SCES
PRE-K



This institution is an equal opportunity provider. Menus are subject to change.



Every complete meal we serve comes with your choice of lowfat or nonfat milk!

Friday, September 1

Breakfast

Maple Pancake on a Stick
Juice

Lunch

Choice of One
Hamburger
Breaded Chicken Sandwich

~~~~~  
Waffle Fries  
Dill Pickle Slices  
Fresh Fruit or Chilled Fruit

**Make the healthy, economical choice!**

All of our complete meals are always

**NO CHARGE for all students**

with no need to submit an application, thanks to the Community Eligibility Program!

Tuesday, September 5

**Breakfast**

Graham Crackers & String Cheese  
Juice

**Lunch**

Choice of One  
Stuffed Crust Pizza  
Grab-N-Go #1  
Yogurt & String Cheese  
~~~~~  
Corn
Fresh Fruit or Chilled Fruit

Wed., September 6

Breakfast

Chicken Slider
Juice

Lunch

Beef Nachos
W/ Queso Cheese
PB&J Sandwich
~~~~~  
Tostitos Scoops  
Salsa  
Fresh Fruit or Chilled Fruit

Thursday, September 7

**Breakfast**

Cereal  
Juice

**Lunch**

Chicken Nuggets  
Roll  
Creamed Potatoes  
Fresh Fruit or Chilled Fruit

Friday, September 8

**Breakfast**

Maple Pancake on a Stick  
Juice

**Lunch**

Choice of One  
Hamburger  
Breaded Chicken Sandwich  
~~~~~  
Waffle Fries
Dill Pickle Slices
Fresh Fruit or Chilled Fruit

TRAIT of the MONTH RESPECT

Showing high regard for authority, other people, self, and country. Treating others as you would want to be treated. Understanding that all people have value as human beings.



NO SCHOOL MONDAY, SEPTEMBER 4

Monday, September 11

Breakfast

Chicken-N-Waffle
Juice

Lunch

Choice of One
Pepperoni Pizza
Grab-N-Go #1
Yogurt & String Cheese
~~~~~  
Corn  
Fresh Fruit or Chilled Fruit

9.11.2001 NEVER FORGET

Tuesday, September 12

**Breakfast**

Cereal  
Juice

**Lunch**

Choice of One  
Fish Nuggets  
Grab-N-Go #5 Munchable  
~~~~~  
Fresh Broccoli W/ Grape Tomatoes
W/ Lite Ranch
Mac & Cheese
Hush Puppies
Fresh Fruit or Chilled Fruit

Wed., September 13

Breakfast

Chicken Biscuit
Juice

Lunch

Choice of One
Taco Meat
PB&J Sandwich
~~~~~  
Soft Tortilla  
Corn  
Fresh Fruit or Chilled Fruit

Thursday, September 14

**Breakfast**

Cereal  
Juice

**Lunch**

Chicken Nuggets  
Roll  
Creamed Potatoes  
Fresh Fruit or Chilled Fruit

Friday, September 15

**Breakfast**

Blueberry Pancake & Sausage on a Stick  
Juice

**Lunch**

Choice of One  
Hamburger  
Breaded Chicken Sandwich  
~~~~~  
Sweet Potato Puffs
Dill Pickle Slices



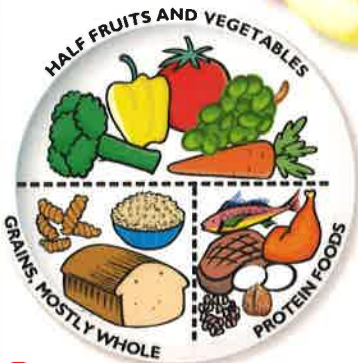
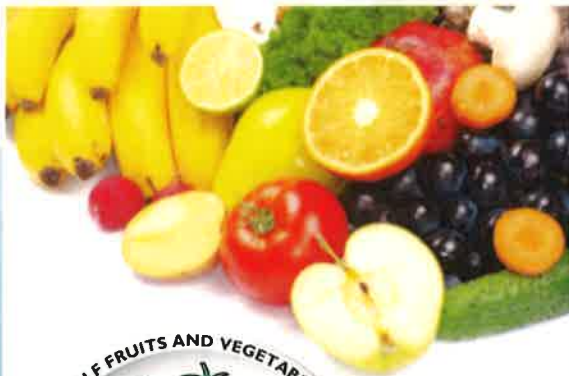
OUR NATION'S HISTORY

On September 28, 1542 the first Europeans to ever set foot in present-day California sailed into San Diego Bay. Spain and then Mexico ruled the territory for most of the next 300 years, before California became the 31st state in the American union in 1850. California has more people than any other state – if it were a country, California



would be the world's 35th most populous country and would have the sixth largest economy in the world all by itself! And guess what? For a very brief time in the 1840's, it was a country – the California "Bear Republic"!

With LIBERTY & JUSTICE FOR ALL



What's on
YOUR
plate?

Serves you right!

MyPlate.gov advises us to eat at least 1½-2 cups of fruit a day. **But what exactly makes a cup?** This month, lets look at FRUIT. Each of these equals 1 cup of fruit:

- One large apple, banana, orange, peach or pear
- 30 or so seedless grapes
- 8 large strawberries
- 1 cup of 100% fruit juice

And each of these equals ½ cup of fruit:

- 1 four-ounce snack container of applesauce
- 1 medium cantaloupe wedge
 - 6 watermelon balls
 - 1 small box of raisins
 - 1 large plum



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

NUTRITION TO GO

The most important variable for healthy weight is how many calories you take in on an average day. If you take in more than you burn, you'll bank those extra calories as added weight. Try this cool experiment with your whole family: count the calories in everything you eat and drink for one day - you might be surprised at the total.

A QUICK BITE FOR PARENTS

Monday, September 18

Breakfast

French Toast Sticks
Juice

Lunch

Choice of One
Stuffed Cheese Breadstick
W/ Marinara Sauce
Grab-N-Go #1
Yogurt & String Cheese
~~~~~  
Corn  
Fresh Fruit or Chilled Fruit

Tuesday, September 19

#### Breakfast

Maple Graham Crackers  
& String Cheese  
Juice

#### Lunch

Choice of One  
Breaded Chicken Sandwich  
Grab-N-Go #5 Munchable  
~~~~~  
French Fries
Pickle Spear
Fresh Fruit or Chilled Fruit

STACKED AGAINST US.

The average American takes in at least 50% more sodium than the recommended maximum. But don't just blame the salt shaker at home: 75% of the sodium you eat probably comes from restaurant food and processed grocery store food - like chips, pizza, soup, and even bread!



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

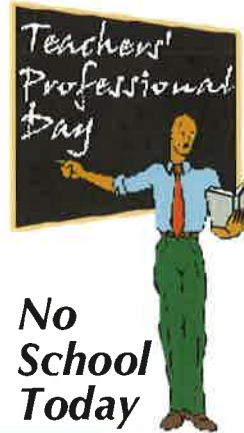
BREAKFAST IS

FREE

FOR ALL STUDENTS EVERY SCHOOL DAY.

(Just thought we'd remind you.)

Wed., September 20



No School Today

Thursday, September 21

Breakfast

Raspberry Yogurt & Juice

Lunch

Chicken Smackers Roll
Creamed Potatoes
Fresh Fruit or Chilled Fruit

Friday, September 22

Breakfast

Gramwhich Juice

Lunch

Choice of One
Hamburger Cheeseburger
~~~~~  
Dill Pickle Slices  
Sidewinder Fries  
Fresh Fruit or Chilled Fruit

Monday, September 25

#### Breakfast

Muffin Juice

#### Lunch

Choice of One  
Pizza  
Grab-N-Go #1  
Yogurt & String Cheese  
~~~~~  
Corn
Fresh Fruit or Chilled Fruit

Tuesday, September 26

Breakfast

Cereal Juice

Lunch

Choice of One
Teriyaki Chicken Dippers
PB&J Sandwich
~~~~~  
Steamed Broccoli W/ Cheese Sauce Roll  
Fresh Fruit or Chilled Fruit

Wed., September 27

#### Breakfast

Sausage Biscuit Juice

#### Lunch

Chicken Fajita W/ Queso Cheese Sauce  
Grab-N-Go #5 Munchable  
~~~~~  
Soft Tortilla Broccoli/Carrot Cup W/ Lite Ranch
Fresh Fruit or Chilled Fruit

Thursday, September 28

Breakfast

Strawberry/Banana Yogurt Juice

Lunch

Chicken Nuggets Roll
Creamed Potatoes
Fresh Fruit or Chilled Fruit

Friday, September 29

Breakfast

Mini Cinnamon Waffle Juice

Lunch

Choice of One
Hamburger Cheeseburger
~~~~~  
Tater Bites  
Dill Pickle Slices  
Fresh Fruit or Chilled Fruit