

# MENUS FOR SEPTEMBER 2017

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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**  
Cereal & Graham Crackers  
OR Maple Pancake on a Stick  
Pineapple Chunks and/or Juice

**Lunch**  
Choice of One  
Hamburger  
Cheeseburger  
Breaded Chicken Sandwich

~~~~~  
Leafy Green Trimmings  
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**  
Cereal & Graham Crackers  
OR Pancake Sausage Sandwich  
Mandarin Oranges and/or Juice

**Lunch**  
Choice of One  
Stuffed Crust Pizza  
Grab-N-Go #1  
Yogurt & String Cheese

~~~~~  
Fresh Baby Carrots  
W/Lite Ranch  
Corn  
Fresh Fruit or Chilled Fruit

Wed., September 6

**Breakfast**  
Cereal & Graham Crackers  
OR Chicken Slider  
Fruit Cocktail and/or Juice

**Lunch**  
Beef Nachos  
W/ Queso Cheese  
Grab-N-Go #6 PB&J Sandwich

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Tostitos Scoops  
Refried Beans  
Diced Lettuce & Tomato Salsa  
Fresh Fruit or Chilled Fruit

Thursday, September 7

**Breakfast**  
Cereal & Graham Crackers  
Or Cinnamon Roll  
Applesauce and/or Juice

**Lunch**  
Chicken Nuggets  
Roll  
Creamed Potatoes  
Green Beans  
Fresh Fruit or Chilled Fruit

Friday, September 8

**Breakfast**  
Cereal & Graham Crackers  
OR Maple Pancake on a Stick  
Pineapple Chunks and/or Juice

**Lunch**  
Choice of One  
Hamburger  
Cheeseburger  
Breaded Chicken Sandwich

~~~~~  
Leafy Green Trimmings  
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.



**LABOR DAY**

**NO SCHOOL  
MONDAY,  
SEPTEMBER 4**

Monday, September 11

**Breakfast**  
Cereal & Graham Crackers  
OR Chicken-N-Waffle  
Diced Peaches and/or Juice

**Lunch**  
Choice of One  
Pepperoni Pizza  
Toasted Cheese Sandwich  
Grab-N-Go #1  
Yogurt & String Cheese

~~~~~  
Corn  
Leafy Green Salad  
W/ Lite Ranch  
Fresh Fruit or Chilled Fruit

9.11.2001 NEVER FORGET

Tuesday, September 12

**Breakfast**  
Cereal & Graham Crackers  
OR Cherry Frudel  
Mandarin Oranges and/or Juice

**Lunch**  
Choice of One  
Fish Nuggets  
Grilled Chicken  
Grab-N-Go #5 Munchable

~~~~~  
Fresh Broccoli W/ Grape Tomatoes  
W/ Lite Ranch  
Mac & Cheese  
Coleslaw  
Pinto Beans  
Hush Puppies  
Fresh Fruit or Chilled Fruit

Wed., September 13

**Breakfast**  
Cereal & Graham Crackers  
OR Chicken Biscuit  
Fruit Cocktail and/or Juice

**Lunch**  
Choice of One  
Taco Meat  
Deli Ham or Deli Turkey  
#6 PB&J Sandwich

~~~~~  
Soft Tortilla  
Diced Lettuce & Tomato  
Grated Cheese  
Corn  
Salsa  
Fresh Fruit or Chilled Fruit

Thursday, September 14

**Breakfast**  
Cereal & Graham Crackers  
OR Oatmeal & Toast  
Raisins and/or Juice

**Lunch**  
Chicken Nuggets  
Roll  
Creamed Potatoes  
Green Beans  
Fresh Fruit or Chilled Fruit

Friday, September 15

**Breakfast**  
Cereal & Graham Crackers  
OR Blueberry Pancake & Sausage on a Stick  
Pineapple Chunks and/or Juice

**Lunch**  
Choice of One  
Hamburger  
Cheeseburger  
Breaded Chicken Sandwich

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Leafy Green Trimmings  
Sweet Potato Puffs  
Dill Pickle Slices  
HAPPY BIRTHDAY TREAT



## ★ OUR NATION'S HISTORY ★

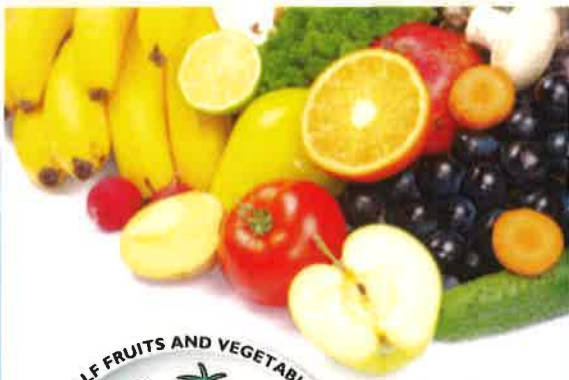
On September 28, 1542 the first Europeans to ever set foot in present-day California sailed into San Diego Bay. Spain and then Mexico ruled the territory for most of the next 300 years, before California became the 31st state in the American union in 1850. California has more people than any other state – 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 1 1/2 - 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 1/2 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

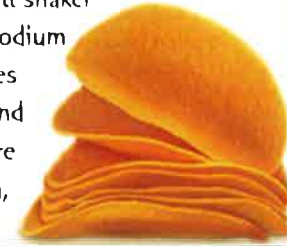
## NUTRITION TO GO

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

## 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.)

Monday, September 18

#### Breakfast

Cereal & Graham Crackers  
OR French Toast Sticks  
Diced Peaches and/or Juice

#### Lunch

Choice of One  
Stuffed Cheese Breadstick  
W/ Marinara Sauce  
Grab-N-Go #1  
Yogurt & String Cheese

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Baby Carrots or  
Broccoli/ Carrot Cup  
W/ Lite Ranch  
Corn  
Fresh Fruit or Chilled Fruit

Tuesday, September 19

#### Breakfast

Cereal & Graham Crackers  
OR Mini Maple Pancakes  
Mandarin Oranges and/or Juice

#### Lunch

Choice of One  
Breaded Chicken Sandwich  
Grab-N-Go #5 Munchable

~~~~~  
Leafy Green Trimmings  
French Fries  
Pickle Spear  
Broccoli/Carrot Cup  
W/ Lite Ranch  
Fresh Fruit or Chilled Fruit

Wed., September 20



No  
School  
Today

Thursday, September 21

#### Breakfast

Cereal &  
Vanilla Graham Dino Bites  
OR Raspberry Yogurt &  
Vanilla Graham Dino Bites  
Applesauce and/or Juice

#### Lunch

Chicken Smackers  
Roll  
Creamed Potatoes  
Green Beans  
Fresh Fruit or Chilled Fruit

Friday, September 22

#### Breakfast

Cereal & Graham Crackers  
OR Gramwhich  
Pineapple Chunks and/or Juice

#### Lunch

Choice of One  
Hamburger  
Cheeseburger  
Grilled Chicken  
~~~~~  
Leafy Green Trimmings  
Dill Pickle Slices  
Sidewinder Fries  
Fresh Fruit or Chilled Fruit

Monday, September 25

#### Breakfast

Cereal OR Graham Crackers  
OR Muffin & String Cheese  
Diced Peaches and/or Juice

#### Lunch

Choice of One  
Pizza  
Toasted Cheese Sandwich  
Grab-N-Go #1  
Yogurt & String Cheese

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Fresh Baby Carrots  
W/ Lite Ranch  
Corn  
Fresh Fruit or Chilled Fruit

Tuesday, September 26

#### Breakfast

Cereal & Graham Crackers  
OR Cinni Minis  
Mandarin Oranges and/or Juice

#### Lunch

Choice of One  
Teriyaki Chicken Dippers  
Grilled Chicken  
Grab-N-Go #6  
PB&J Sandwich

~~~~~  
Steamed Carrots  
Steamed Broccoli  
W/ Cheese Sauce  
Roll

Wed., September 27

#### Breakfast

Cereal & Graham Crackers  
OR Sausage Biscuit  
Fruit Cocktail and/or Juice

#### Lunch

Chicken Fajita  
W/ Queso Cheese Sauce  
Grab-N-Go #5 Munchable

~~~~~  
Soft Tortilla  
Refried Beans  
Salsa  
Diced Lettuce & Tomato  
Broccoli/Carrot Cup  
W/ Lite Ranch  
Fresh Fruit or Chilled Fruit

Thursday, September 28

#### Breakfast

Cereal & Sports Grahams  
OR Strawberry/Banana Yogurt  
& Sports Grahams  
Applesauce and/or Juice

#### Lunch

Chicken Nuggets  
Roll  
Creamed Potatoes  
Green Beans  
Fresh Fruit or Chilled Fruit

Friday, September 29

#### Breakfast

Cereal & Graham Crackers  
OR Mini Cinnamon Waffle  
Pineapple Chunks and/or Juice

#### Lunch

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