

# Menus for SEPTEMBER 2018

Wilkinson County Schools

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

## ★ OUR NATION'S HISTORY ★

**C**hrista McAuliffe was a high school teacher in New Hampshire when she was chosen from more than 11,000 applicants to be the first teacher in space. She, along with six other crew members, was killed when the Space Shuttle Challenger broke apart soon after taking off on January 28, 1986. She had taught Social Studies and even designed a class for her students called "The American Woman." Christa was born on September 2, 1948 and would have been 70 years old this month.



★ WITH LIBERTY & JUSTICE FOR ALL ★

## HAPPY LABOR DAY!



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!

## NUTRITION TO GO

Macaroni and Cheese is another kids' favorite that, like pizza, may have a worse nutritional reputation than it deserves. Today's healthier Mac 'n' Cheese is typically made with lower-fat cheese, which cuts the total fat content down to around 30% of calories. It's loaded with calcium and contains fiber, too!

### A QUICK BITE FOR PARENTS



It's normal for anyone to feel a little sad now and then, but no one should have to live with sadness all the time, so that feeling happy seems impossible. Reach out. Joy might need a little help to break through.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

**WELLNESS IS A WAY OF LIFE!**

Tuesday, September 4

### Breakfast

Poptart/Cheese Stick  
Choice of Juice or Fruit

### Lunch

Chili Cheese Nachos  
Veggie Cup w/Dip  
Steamed Broccoli  
Cookie

Choice of Fruit  
Choice of Milk

Wed., September 5

### Breakfast

Grits/Sausage Patty/Toast  
Choice of Juice or Fruit

### Lunch

Fish Sticks  
Mac & Cheese  
Blackeye Peas  
Cornbread

Choice of Fruit  
Choice of Milk

Thursday, September 6

### Breakfast

Breakfast Pizza  
Choice of Juice or Fruit

### Lunch

Chicken Sandwich  
Veggie Cup/Dip  
Chips  
Sidekick

Choice of Fruit  
Choice of Milk

Friday, September 7

### Breakfast

French Toast Sticks  
Choice of Juice or Fruit

### Lunch

Hot Dog/Bun  
Veggie Cup/Dip  
Chips  
Sidekick

Choice of Fruit  
Choice of Milk

Monday, September 10

### Breakfast

Breakfast Bun  
Choice of Juice or Fruit

### Lunch

Wild Mike's Pizza  
Garden Salad/Dressing  
Seasoned Carrots  
Sliced Pears

Choice of Fruit  
Choice of Milk

Tuesday, September 11

### Breakfast

Ham Biscuit  
Choice of Juice or Fruit

### Lunch

Hamburger/Bun  
Curly Fries  
Baked Beans  
Tomato/Lettuce/Pickle

Choice of Fruit  
Choice of Milk

Wed., September 12

### Breakfast

Cereal/Toast  
Choice of Juice or Fruit

### Lunch

Popcorn Chicken  
Scalloped Potatoes  
Steamed Broccoli  
Sliced Peaches

Choice of Fruit  
Choice of Milk

Thursday, September 13

### Breakfast

Yogurt/Granola/Toast  
Choice of Juice or Fruit

### Lunch

Spaghetti w/ Meat Sauce  
Garden Salad/Dressing  
Seasoned Green Beans  
Garlic Toast  
Mandarin Oranges

Choice of Fruit  
Choice of Milk

Friday, September 14

### Breakfast

Breakfast Pizza  
Choice of Juice or Fruit

### Lunch

Barbecue/Bun  
French Fries  
Whole Kernel Corn  
Cinnamon Roll

Choice of Fruit  
Choice of Milk

**Monday, September 17**

**Breakfast**

Pancake Pup  
Choice of Juice or Fruit

**Lunch**

Chicken Fajita Wrap  
Mozzarella Cheese Cup/Salsa  
Veggie Dippers  
Seasoned Green Beans

Choice of Fruit  
Choice of Milk

**Tuesday, September 18**

**Breakfast**

Breakfast Donut  
Choice of Juice or Fruit

**Lunch**

Sloppy Jo/Bun  
Garden Salad w/Dressing  
French Fries

Choice of Fruit  
Choice of Milk

**Wed., September 19**

**Breakfast**

Chicken Biscuit  
Choice of Juice or Fruit

**Lunch**

Chicken Fried Steak  
Rice/Gravy  
English Peas  
Dinner Roll  
Pineapple Chunks

Choice of Fruit  
Choice of Milk

**Thursday, September 20**

**Breakfast**

Cini Minis  
Choice of Juice or Fruit

**Lunch**

Tacos  
Tomato/Lettuce/Sour Cream  
Salsa  
Whole Kernel Coen

Choice of Fruit  
Choice of Milk

**Friday, September 21**

**Breakfast**

Breakfast Bun  
Choice of Juice or Fruit

**Lunch**

Ham/Cheese Hoagie  
Tomato/Lettuce  
Sweet Potato Fries  
Baked Beans

Choice of Fruit  
Choice of Milk



**What's on YOUR plate?**



**What does a pickle start out as and how does it become a pickle?**



**A: Pickles begin life as cucumbers, which are made into pickles by soaking in a solution of salt, vinegar, and flavors like dill and garlic. Lots of other foods are "pickled" by this process, too, like sauerkraut and pickled peppers, to name just two!**

**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)**

**Monday, September 24**

**Breakfast**

French Toast Sticks  
Choice of Juice or Fruit

**Lunch**

Steak Nuggets  
Creamed Potatoes  
Broccoli w/Cheese Sauce  
Dinner Roll

Choice of Fruit  
Choice of Milk

**Tuesday, September 25**

**Breakfast**

Breakfast Pizza  
Choice of Juice or Fruit

**Lunch**

Pretzel Dog  
Curly Fries  
Baked Beans

Choice of Fruit  
Choice of Milk

**Wed., September 26**

**Breakfast**

Mini Pancakes  
Choice of Juice or Fruit

**Lunch**

Wing Basket  
Carrot/Celery Sticks/Dip  
Fries  
Garlic Toast

Choice of Fruit  
Choice of Milk

**Thursday, September 27**

**Breakfast**

Sausage Biscuit  
Choice of Juice or Fruit

**Lunch**

Baked Ham  
Mac & Cheese  
Blackeye Peas  
Cornbread

Choice of Fruit  
Choice of Milk

**Friday, September 28**

**Breakfast**

Cereal/Toast  
Choice of Juice or Fruit

**Lunch**

Hamburger/Bun  
Sliced Tomato/Lettuce/Pickle  
Chips  
Whole Kernel Corn

Choice of Fruit  
Choice of Milk



**J**ohnny Appleseed's real name was John Chapman. He was born on September 26, 1774. He was a "nurseryman," someone who plants and tends trees. He got his nickname by introducing the apple tree to large parts of Ohio, Indiana, and Illinois.



# DIVE BOMBER



**Yellow jackets just love to attack soda cans this time of year. Why? Well, they've had all summer to build up their populations, and most of their natural food sources are starting to dry up. There's a solution, though – yellow jackets won't go near a bottle of water!**

**ANIMAL APPETITES**