

## Lunch Includes:

- \*Main or Alternate Entree
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk



# August / September, 2018

Monthly Menu  
Price Per Lunch \$2.75

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Salisbury Steak with Gravy &amp; a Roll</b> <b>Aug 20</b> or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	<b>Oven Baked Chicken with Corn Muffin</b> <b>Aug 21</b> or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	<b>Personal Pepperoni Pizza</b> <b>Aug 22</b> or A) Chicken Pattv on a Bun Corn Pears or Seasonal Fresh Fruit Cookie Treat	<b>Chicken Tenders</b> <b>Aug 23</b> or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Apple Slices	<b>Mozzarella Sticks with Dipping Sauce</b> <b>Aug 24</b> or A) Cheese Pizza Slice Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
<b>Cheese Quesadilla with Salsa</b> <b>Aug 27</b> or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	<b>Beef Nachos</b> <b>Aug 28</b> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	<b>Meatball Sub</b> <b>Aug 29</b> or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	<b>Crispy Oven Fried Chicken Drumstick with a Roll</b> <b>Aug 30</b> or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes or Tossed Garden Salad Mixed Fruit	<b>Grilled Cheese Sandwich</b> <b>Aug 31</b> or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat
<b>Labor Day</b> <b>Sept 3</b>	<b>Walking Taco</b> <b>Sept 4</b> (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	<b>Salisbury Steak with Gravy &amp; a Breadstick</b> <b>Sept 5</b> or A) Chicken Pattv on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit	<b>Popcorn Chicken with Rice</b> <b>Sept 6</b> (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat	<b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <b>Sept 7</b> or A) Cheese Pizza Slice Carrot Sticks with Dip Pears or Seasonal Fresh Fruit

\*Please note that at least one vegetable or fruit side must be chosen with each lunch.

**SUBSTITUTION OF ITEMS MAY BE NECESSARY**  
Look on the reverse side for three more weeks of menu selections!



## MyPlate

What is MyPlate?

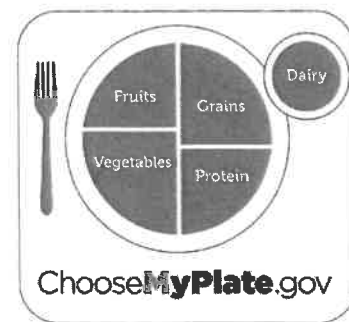
MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

**Build a Healthy Eating Style!**

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

In the coming months Chef Louie will provide information on each of the five food groups to help us all build a healthy plate and create healthy habits.



Choose **MyPlate.gov**

August / September, 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cheeseburger Sliders</b> <b>Sept 10</b> or A) Chicken Nuggets with a Roll French Fries Peaches or Seasonal Fresh Fruit	<b>Fiestada Pizza</b> <b>Sept 11</b> or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	<b>Pasta with Meat Sauce &amp; Garlic Toast</b> <b>Sept 12</b> or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	<b>Honey BBQ Riblets with a Breadstick</b> <b>Sept 13</b> or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	<b>Mac &amp; Cheese with Pretzel Rod</b> <b>Sept 14</b> or A) Cheesy Garlic Flatbread Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit
<b>Salisbury Steak with Gravy &amp; a Roll</b> <b>Sept 17</b> or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	<b>Oven Baked Chicken with Corn Muffin</b> <b>Sept 18</b> or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	<b>Personal Pepperoni Pizza</b> <b>Sept 19</b> or A) Chicken Patty on a Bun Corn Pears or Seasonal Fresh Fruit Cookie Treat	<b>Chicken Tenders</b> <b>Sept 20</b> or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Apple Slices	<b>Mozzarella Sticks with Dipping Sauce</b> <b>Sept 21</b> or A) Cheese Pizza Slice Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
<b>Cheese Quesadilla with Salsa</b> <b>Sept 24</b> or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	<b>Beef Nachos</b> <b>Sept 25</b> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	<b>Meatball Sub</b> <b>Sept 26</b> or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	<b>Crispy Oven Fried Chicken Drumstick with a Roll</b> <b>Sept 27</b> or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes or Tossed Garden Salad Mixed Fruit	<b>Grilled Cheese Sandwich</b> <b>Sept 28</b> or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat

\*Please note that at least one vegetable or fruit side must be chosen with each lunch.

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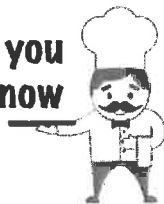
## Chef Louie Presents...

### Health Bite



Why breakfast? Breakfast fuels the body with nutrients, provides calories (energy) for the morning's activities, also it helps you focus, learn and maintain a healthy weight. Not to mention it helps you feel good and tastes great!

### Did you know



unless food is mixed with saliva you can't taste it. In order for food to have taste, chemicals from the food must first dissolve in saliva. Once dissolved, the chemicals can be detected by receptors on taste buds.

### Lunchtime Joke



Why did the orange stop half-way across the road?

Answer: He ran out of juice

