



Monday

Tuesday

Wednesday

Thursday

Friday



1

Did you know that peaches ripen faster in a paper bag? One medium peach has about 60 calories, 15 g carbohydrate, 2 g fiber (good for your digestion! ☺) and is a good source of vitamin C (keeps your immune system strong!)

Peachy Parfait

1 cup canned peach slices or fresh slices
1 cup 1% or fat free vanilla yogurt
½ cup dry cereal (pick your favorite granola, oat cereal or try cinnamon crunch!)

Layer peaches, yogurt and cereal alternating in a glass or cup. Makes 2 servings.

Each parfait has about 190 calories, 40 g carbohydrate, 8 g protein and is a good source of calcium to build strong bones!

6

7

8

Welcome Back!

We Look Forward to A Great School Year!

NO SCHOOL / INSERVICE

13

Daily Milk Choices:
1% Milk
Fat Free Chocolate Milk
Fat Free Strawberry Milk

NO SCHOOL / INSERVICE

14

Variety Cereal
Pancake Wrap w/Syrup
Goldfish Grahams
Fruit
Milk / Juice

15

Variety Cereal
Egg & Cheese Biscuit
Turkey Bacon
Jelly
Goldfish Grahams
Fruit
Milk / Juice

16

Variety Cereal
Mini Cinnis
Goldfish Grahams
Fruit
Milk / Juice

17

Variety Cereal
Cinnamon Bagelfuls
Giant Grahams
Fruit
Milk / Juice

20

Variety Cereal
Cherry Frudel
Goldfish Grahams
Fruit
Milk / Juice

21

Variety Cereal
Sausage Biscuit
Goldfish Grahams
Fruit
Milk / Juice

22

Variety Cereal
Mini Pancakes w/Syrup
Sausage Link
Goldfish Grahams
Fruit
Milk / Juice

23

Variety Cereal
Super Donut
Sausage Link
Goldfish Grahams
Fruit
Milk / Juice

24

Variety Cereal
Breakfast Stuffer
Goldfish Grahams
Fruit
Milk / Juice

27

Variety Cereal
Pancake Wrap w/Syrup
Goldfish Grahams
Fruit
Milk / Juice

28

Variety Cereal
Pigs in a Blanket w/Jelly
Goldfish Grahams
Fruit
Milk / Juice

29

Variety Cereal
Mini Powdered Donuts
Goldfish Grahams
Fruit
Milk / Juice

30

Variety Cereal
Ham & Cheese Biscuit
Goldfish Grahams
Fruit
Milk / Juice

31

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1% Milk
Fat Free Chocolate Milk
Fat Free Strawberry Milk

NO SCHOOL / INSERVICE

14

Variety Cereal
Pancake Wrap w/Syrup
Goldfish Grahams
Fruit
Milk / Juice

15

Variety Cereal
Egg & Cheese Biscuit
Turkey Bacon
Jelly
Goldfish Grahams
Fruit
Milk / Juice

16

Variety Cereal
Mini Cinnis
Goldfish Grahams
Fruit
Milk / Juice

17

Variety Cereal
Cinnamon Bagelfuls
Giant Grahams
Fruit
Milk / Juice

20

Variety Cereal
Cherry Frudel
Goldfish Grahams
Fruit
Milk / Juice

21

Variety Cereal
Sausage Biscuit
Goldfish Grahams
Fruit
Milk / Juice

22

Variety Cereal
Mini Pancakes w/Syrup
Sausage Link
Goldfish Grahams
Fruit
Milk / Juice

23

Variety Cereal
Super Donut
Sausage Link
Goldfish Grahams
Fruit
Milk / Juice

24

Variety Cereal
Breakfast Stuffer
Goldfish Grahams
Fruit
Milk / Juice

27

Variety Cereal
Pancake Wrap w/Syrup
Goldfish Grahams
Fruit
Milk / Juice

28

Variety Cereal
Pigs in a Blanket w/Jelly
Goldfish Grahams
Fruit
Milk / Juice

29

Variety Cereal
Mini Powdered Donuts
Goldfish Grahams
Fruit
Milk / Juice

30

Variety Cereal
Ham & Cheese Biscuit
Goldfish Grahams
Fruit
Milk / Juice

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Monday

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1

Bell peppers are naturally fat free, low sodium, and high in vitamin C! Choose bright colored peppers with taut skin and plan to use within 5 days of purchase. One medium pepper has about 25 calories, 6 g carbohydrate, 2 g fiber and 190% of the daily value of vitamin C!

Bell peppers are a great way to add more nutrients to your family favorites like diced on pizza, sliced and added to stir fry, and sliced to add to sandwiches and wraps.

Health Goal: Eat Fruits & Vegetables for Snacks
First, wash the bell peppers. Then slice the top off and cut in half lengthwise. Remove the seeds. Slice pepper thinly lengthwise into strips. Serve with your favorite dressing or hummus dip!

6

7

8

Welcome Back!
We Look Forward to A Great School Year!

NO SCHOOL / INSERVICE

13

Daily Milk Choices:
1% Milk
Fat Free Chocolate Milk
Fat Free Strawberry Milk

NO SCHOOL / INSERVICE

14

Beef Tenders
Chicken Tenders
Roll
Mashed Potatoes w/Gravy
Blackeyed Peas
Salad Bar
Fruit
Milk / Juice

15

Beef Nachos
Chicken Tacos
Spanish Rice or Chips
Refried Beans
Salad Bar
Fruit
Milk / Juice

16

Chicken Alfredo w/Bosco Stick
Meatlovers Pizza
Green Beans
Salad Bar
Fruit
Milk / Juice

17

Chicken Quesadilla
Beef Tacos
Spanish Rice or Chips
Refried Beans
Salad Bar
Fruit
Milk / Juice

20

Meatloaf
Chicken & Noodles
Roll
Mashed Potatoes w/Gravy
Green Beans
Salad Bar
Fruit
Milk / Juice

21

Teriyaki Chicken Stir Fry
Orange Chicken
Fried Rice
Broccoli
Salad Bar
Fruit
Milk / Juice

22

Spaghetti w/Meat Sauce
w/Breadstick
Meatball Sub w/Fritos
Corn
Salad Bar
Fruit
Milk / Juice

23

Cheeseburger
Chicken Sandwich
Fries
Salad Bar
Fruit
Milk / Juice

24

Chicken Spaghetti
Beefy Macaroni
Bosco Stick
Green Beans
Salad Bar
Fruit
Milk / Juice

27

Frito Chili Pie
Ham Stromboli
Fritos
Corn
Salad Bar
Fruit
Milk / Juice

28

Philly Cheese Steak Sub
Crispy Chicken Wrap
Roll
Tater Tots
Salad Bar
Fruit
Milk / Juice

29

Chicken Crisпитos
Taco Meat Quesadilla
Cilantro Lime Rice or Chips
Refried Beans
Salad Bar
Fruit
Milk / Juice

30

Cheeseburger
Ranch Chicken Sandwich
Fries
Salad Bar
Fruit
Wacky Cake
Milk / Juice

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1% Milk
Fat Free Chocolate Milk
Fat Free Strawberry Milk

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14

Beef Tenders / Chicken Tenders
Crispy Chicken Salad Roll
Mashed Potatoes w/Gravy
Blackeyed Peas
Salad Bar
Fruit
Milk / Juice

15

Beef Nachos
Chicken Tacos
Taco Pizza
Spanish Rice or Chips
Refried Beans
Salad Bar
Fruit
Milk / Juice

16

Chicken Alfredo w/Bosco Stick
Meatlovers Pizza
Ham & Cheese Salad
Green Beans
Salad Bar
Fruit
Milk / Juice

17

Chicken Quesadilla
Beef Tacos
Chicken Taco Salad
Spanish Rice or Chips
Refried Beans
Salad Bar
Fruit
Milk / Juice

20

Meatloaf / Chicken & Noodles
Crispy Chicken Salad Roll
Mashed Potatoes w/Gravy
Green Beans
Salad Bar
Fruit
Milk / Juice

21

Teriyaki Chicken Stir Fry
Orange Chicken
Meatlovers Pizza
Egg Roll
Fried Rice / Broccoli
Salad Bar
Fruit
Milk / Juice

22

Spaghetti w/Meat Sauce w/Breadstick
Meatball Sub w/Fritos
Grilled Chicken Salad
Corn
Salad Bar
Fruit
Milk / Juice

23

Cheeseburger
Chicken Sandwich
Supreme Pizza
Fries
Salad Bar
Fruit
Milk / Juice

24

Chicken Spaghetti
Beefy Macaroni
Chef Shaker Salad
Bosco Stick
Green Beans
Salad Bar
Fruit
Milk / Juice

27

Frito Chili Pie
Ham Stromboli
Meatlovers Pizza
Fritos
Corn
Salad Bar
Fruit
Milk / Juice

28

Philly Cheese Steak Sub
Crispy Chicken Wrap
Baked Potato Bar
Roll
Tater Tots
Salad Bar
Fruit
Milk / Juice

29

Chicken Crisпитos
Taco Meat Quesadilla
Crispy Chicken Salad
Cilantro Lime Rice or Chips
Refried Beans
Salad Bar
Fruit
Milk / Juice

30

Cheeseburger
Chicken Ranch Sandwich
Meatlovers Pizza
Fries
Salad Bar
Fruit
Wacky Cake
Milk / Juice

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