



Sweet, Cool, AND Clean!

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants safely away from the sweet, juicy insides we love so much!



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

Monday, September 16

Breakfast
Cinnamon Roll

Lunch
-Cheese Pizza
-Corn Dog
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Green Beans
Mixed Fruit
Cold Milk

Tuesday, September 17

Breakfast
Cheesy Eggs & Biscuit

Lunch
-French Toast Sticks & Sausage*
-Turkey & Cheese Croissant
-Italian Salad & Bosco Stick*
-Deli Sandwich
Sweet Corn
Chilled Applesauce
Gogurt Yogurt
Cold Milk

Wed., September 18

Breakfast
Mini Pancakes & Syrup

Lunch
-Bacon Cheeseburger
-Breaded Chicken Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Baby Carrots
Raisels (Flavored Raisins)
Cold Milk

Thursday, September 19

Breakfast
Yogurt & Nutri Grain Bar

Lunch
-Chicken Nuggets and Macaroni
-Hot Ham & Cheese Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Fresh Broccoli
Chilled Peaches
Cold Milk

Friday, September 20

Breakfast
Breakfast Pizza

Lunch
-Cheesy Beef Nachos
Fish Sticks & Cornbread Muffin
-Chef Salad & Bosco Stick
-Deli Sandwich
Cheesy Refried Beans
Orange Smiles
Cold Milk

Monday, September 23

Breakfast
Sausage Biscuit*

Lunch
-Pepperoni Pizza*
-Hot Dog on Bun
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Seasoned Carrots
Chilled Pears
Cold Milk

Tuesday, September 24

Breakfast
Parfait & Nutri-grain Bar

Lunch
-Chicken Strips & Mini Waffles
-BBQ Ribette Sandwich*
-Italian Salad & Bosco Stick*
-Deli Sandwich
Emoji Potatoes
Chilled Applesauce
Cold Milk

Wed., September 25

Breakfast
Breakfast Bagel*

Lunch
Toasted Ravioli & Bosco Stick
-Sub Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Green Beans
Frozen Juice Cup
Cold Milk

Thursday, September 26

Breakfast
French Toast Sticks & Syrup

Lunch
-Orange Chicken & Fried Rice
-Hot Ham & Cheese Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Steamed Broccoli
Fresh Apple
Fortune Cookie
Cold Milk

Friday, September 27

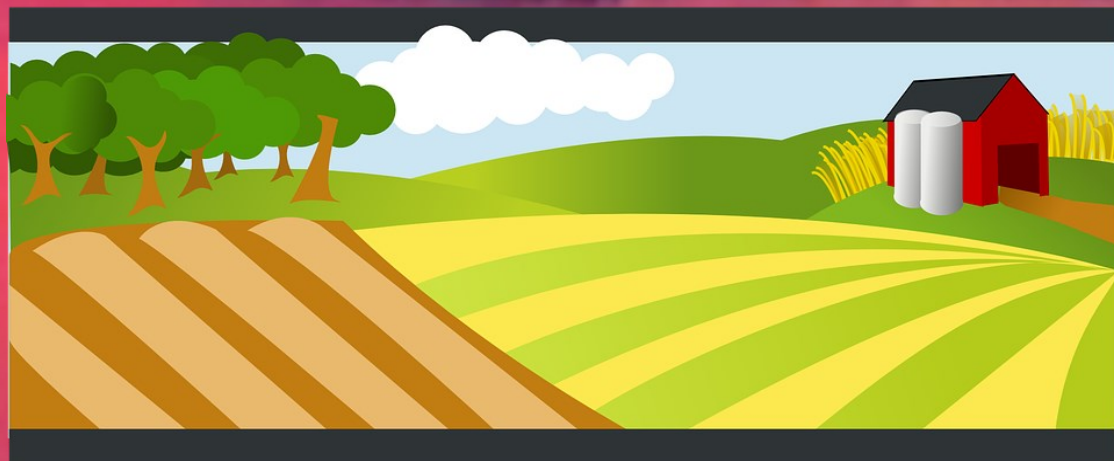
Breakfast
Chicken Biscuit

Lunch
-Straw Hat
-Toasted Cheese Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Ranchero Beans
Chilled Pineapple
Cold Milk

Monday, September 30

Breakfast
Mini Waffles & Syrup

Lunch
-Sausage Pizza*
-Corn Dog
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Mixed Fruit
Cold Milk



NUTRITION TO GO

When kids are served carrots or red pepper strips or an apple right before dinner-time or as a first course at dinner, they are more likely to eat the fruit and veggies given to them. They're also less likely to overindulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!

A TASTY MORSEL FOR PARENTS