

august

▶ Available Daily

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice

Breakfast Lunch

Monday, August 12th

Yogurt Parfait w/ Granola Red Beans and Rice
Steamed Broccoli, Cornbread

Tuesday, August 13th

Chicken and Maple Waffles Pepperoni Pizza, Steamed
Corn, Green Beans

Wednesday, August 14th

Grits w/ Butter Sausage Links Chicken Tenders, Potato
Wedges w/ Ketchup, Cookie

Thursday, August 15th

Maple Pancake Chicken Sausage Sandwich Cheesy Pinwheel w/
Marinara Sauce, Green Beans

Friday, August 16th

Cinnamon Rolls w/ Icing Sloppy Joe Sandwich
Potato Wedges w/ Ketchup
Salad w/ Carrots

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

Healthy Back to School Lunches

With school days approaching, its time to start thinking about what to pack in your child's lunch box. Shopping smart and trying out new lunch ideas can help your children get excited



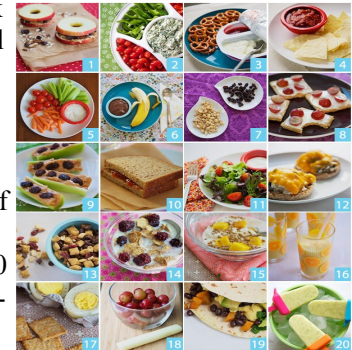
about lunch time again. Check out these tips to make your child's school lunches nutritious and fun:

- 1) **Focus on Fruits and Vegetables::** Adding fruits and veggies to your child's lunch can seem like a daunting task. However, there are many fruit and veggie options that are grab and go or individually packaged. Some fruit and veggie ideas are packing a whole fruit, like a banana or halo, individually wrapped items, like applesauce or fruit cocktail, or grab and go veggies like, baby carrots or green pepper strips. For added flavor you can add a yogurt or low fat ranch dip.
- 2) **Add Flavor to your Fruit:** Making a fruit salad is a great way to spice up your fruit. Mix together apples, banana, pears, oranges, and pineapples. Add a sweet yogurt to the mix and this is a great after school snack.
- 3) **Remember Whole Grain:** Make sure to grab whole grains when it comes to your breads, pastas, and rice. Try choosing whole grain cereals instead of chips. However, if your child is a chip lover try choosing whole grain or baked chips.
- 4) **Choose 100% Juice :** Try and buy juices with little added sugars or sweeteners. Many juices only have about 10-20% juices and the rest is added sugar. Make sure to check the labels for juices that say 100% juice on the label.
- 5) **Remember your Calcium:** Make sure to add calcium to your child's lunch. The best ways to take in calcium are through milk, yogurt, sliced cheese, or fortified juices and cereals.



Healthy Back to School Snacks

Making sure you snack on nutritious foods will help you feel full of energy and keep your mind alert for longer periods of time. A good snacking "Rule of Thumb" is to choose snacks that are 150-200 calories. Its best to limit foods with a lot of added sugars like candy or sodas. Here are some ways to make healthier snacking a part of your daily routine:



- ◆ Try to prepare healthy snacks in advance: Cutting up fresh fruit or portioning up a few bags of almonds or walnuts will cut the temptation to over eat when you are hungry and provide you with easy grab and go snacks.
 - ◆ Make snacks fun: Choose items that may not typically go together to change up your snack ideas.
 - ◆ Satisfy cravings with healthier approaches: If you crave certain food items, try substituting it with a healthier option. If you love ice cream, try nonfat yogurt or a smoothie to fill your craving.
 - ◆ Knowing how to read serving size information: A nutrition label is key to knowing how many calories, carbohydrates, and fat you are taking in per serving.
- Here are some snack ideas to help get you started:
- ◆ Whole Wheat Crackers and Peanut Butter
 - ◆ Grapes and Low Fat Cheese Cubes
 - ◆ Low Fat Yogurt and Mixed Berries
 - ◆ A Handful of Walnuts or Almonds
 - ◆ Mixed Fruit Cup
 - ◆ Fresh Fruit Smoothie
 - ◆ Carrot Sticks and Hummus

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Making Physical Activity Fun!

Balancing healthy eating with physical activity is very important in keeping a healthy lifestyle. When kids exercise at least 60 minutes a day, they:

- ◆ Have stronger muscles and bones
- ◆ Have a leaner body with less body fat
- ◆ Are less likely to become overweight
- ◆ Decrease the risk of developing type 2 diabetes
- ◆ Sleep better
- ◆ Have a better outlook on life

Staying active also involves incorporating the three elements of fitness.

They are:

- ◆ **Endurance:** Aerobic activities, like running, basketball, or swimming
- ◆ **Strength:** Like push ups or climbing
- ◆ **Flexibility:** Like stretching or doing cartwheels

Breakfast Lunch

Monday, August 19th

Cinnamon Toast Lasagna, Green Beans
Crunch Cereal Garlic Breadstick
Cheese String

Tuesday, August 20th

Scrambled Eggs BBQ Chicken Thigh, Mac &
Biscuit w/ Jelly Cheese, Baked Beans, Corn

Wednesday, August 21st

Banana Muffin Pepperoni Pizza, Steamed
Broccoli, Salad w/ Carrots

Thursday, August 22nd

Breakfast Sausage Hot Dog w/ Cheese, Tator Tots
Sandwich w/ Ketchup, Salad w/ Carrots

Friday, August 23rd

French Toast Hamburger w/ Dressing Cup
Sticks Potato Wedges w/ Ketchup

Breakfast Lunch

Monday, August 26th

Yogurt Parfait Red Beans & Rice
w/ Granola Green Beans, Cornbread

Tuesday, August 27th

Chicken and Chicken Stewed Thigh w/
Maple Waffles Gravy, Steamed Broccoli
And Corn, Brown Rice

Wednesday, August 28th

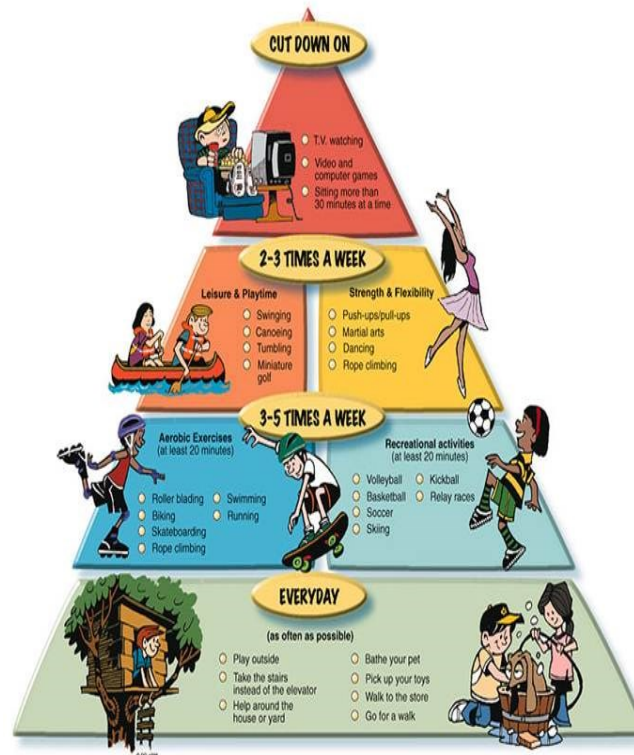
Grits w/ Butter Chicken Tenders, Potato
Sausage Links Wedges w/ Ketchup

Thursday, August 29th

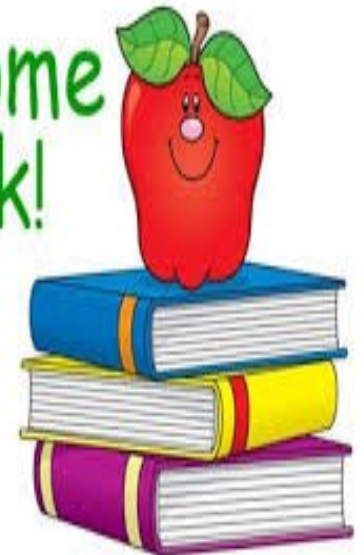
Maple Pancake Spaghetti and Meatballs
Chicken Sausage Steamed Corn
Sandwich

Friday, August 30th

Cinnamon Rolls Salisbury Steak w/ Onion
w/ Icing Gravy, Potatoes Au Gratin
Steamed Broccoli, Biscuit



Welcome Back!



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