

September 2012 Menu

The second choice entree option listed on each daily menu is guaranteed for 3rd and 4th grade students only.

The first entree listed is the entree for all elementary students.

Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST 27 Chicken Patty on Wheat Bun -OR- Rib-B-Que Crinkle Cut Fries Celery Sticks Pineapple & Oranges Orchard Fruit Snacks	AUGUST 28 Charbroiled Cheeseburger on Wheat Bun -OR- Hot Dog on Bun Tater Tots Short Cut Carrots Mixed Fruit	AUGUST 29 Chicken Nuggets -OR- Sea Wonders Dinner Wheat Roll with Margarine Sweet Potato Fries Seasoned Green Beans Fresh Fruit In Season	AUGUST 30 Taco Salad -OR- Chicken Tenders South of the Border with Tortilla Chips Tropical Fruit Apple Crisp	AUGUST 31 Pepperoni Pizza -OR- Chili Crispos Buttered Corn Mixed Green Salad with Raspberry Vinaigrette Chilled Peaches
SEPTEMBER 3 LABOR DAY NO SCHOOL	SEPTEMBER 4 Footlong Hot Dog on Bun -OR- Shaved Turkey and Mozzarella on Wheat Bun Baked Beans Potato Smiles Chilled Applesauce Cup	SEPTEMBER 5 Sloppy Nachos -OR- Mini Corndogs Buttered Corn Manager's Choice Fresh Veggie Tropical Fruit Rainbow Jello with Fat Free Topping	SEPTEMBER 6 BBQ Grilled Chicken on Goldfish Bun -OR- Ham and Cheese on Goldfish Bun Tater Tots Short Cut Carrots with Ranch Oven Fried Apples Graham Gripz	SEPTEMBER 7 Cheesy Breadsticks -OR- Egg Salad on Bun Broccoli with Ranch Cauliflower with Ranch Chilled Peaches Shape Ups
SEPTEMBER 10 Chicken Wonders -OR- Sea Wonders Multi Grain Breadstick Mixed Beans Manager's Choice Fresh Veggie Chilled Peaches	SEPTEMBER 11 Jumbo Taco with Cup-O-Fixins -OR- Mini Sub Buttered Corn Black Bean Salad Chunky Fruit Cup Fruit Churro	SEPTEMBER 12 Pizza Dippers with Dipping Sauce -OR- Rib-B-Que on Bun Cheddar Munchers Broccoli Salad Fresh Fruit	SEPTEMBER 13 Spaghetti with Meat Sauce -OR- Popcorn Chicken Whole Grain Cheesy Breadstick Mixed Green Salad Applesauce Cup	SEPTEMBER 14 Cheese Pizza -OR- Shaved Turkey and Mozzarella on Wheat Bun Crisscut Fries Celery Sticks or Carrot Sticks Chilled Mandarin Oranges
SEPTEMBER 17 Chicken Nuggets with Dip -OR- Fishsticks Buttered Wheat Bread Sweet Criss Cut Fries Country Coleslaw Tropical Fruit	SEPTEMBER 18 BBQ Chicken Wonders with BBQ Dunk Cups -OR- Teriyaki Beef Dippers w/ Sweet-N-Sour Sauce Whole Kernel Corn White Bean Salad Chilled Peaches Bug Bites	SEPTEMBER 19 Macaroni and Cheese -OR- Corndog on a Stick Perfect Peas Cukes and Grape Tomatoes Fresh Fruit In Season Manager's Choice Frozen Dessert	SEPTEMBER 20 Meatball Sub -OR- Chicken Patty on Bun Crinkle Cut Fries Fresh Broccoli with Ranch Cinnamon Applesauce Cup	SEPTEMBER 21 Pepperoni Pizza -OR- Mini Sub Seasoned Green Beans V8 Juice Mixed Fruit Fruit Chewy Bar
SEPTEMBER 24 Chicken Fingers -OR- Franks & Beans Multi Grain Roll with Margarine Carrot Sticks Celery Sticks Pineapples & Oranges	SEPTEMBER 25 Grilled Cheese -OR- Rib-B-Que on Bun Tomato Soup Three Bean Salad Chilled Peaches	SEPTEMBER 26 Sloppy Joe on Wheat Bun -OR- Turkey with Mozzarella on Wheat Bun Sweet Rib Cut Fries Manager's Choice Fresh Veggie Fresh Apples or Pears with Caramel Sauce	SEPTEMBER 27 Breaded Chicken -OR- Salisbury Steak with Gravy Dinner Wheat Roll Mashed Potatoes with Gravy Steamed Broccoli with Cheese Sauce Tropical Fruit	SEPTEMBER 28 Cheese Pizza -OR- Bologna and Cheese on Bun Mixed Green Salad with Dressing Chilled V8 Juice Chilled Applesauce Cup Rocky Road Parfait

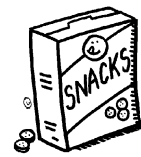
When available, Chef Salad with Roll and Milk is offered daily as an alternate meal.

½ Pint of 1% White or Flavored Milk is offered daily. Additional Milk is 45¢.

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY.

Snacking Healthy

One of the biggest myths about snacking is that it's a bad thing. The truth is that it's not snacking that is bad for you; it is often the type of snack you are choosing. Even when you eat a balanced lunch, chances are that you will need an afternoon snack. Choose a healthy snack and you will feel energized until dinner.



Give Healthy Snacks A Chance

If you try some of the healthier options out there, you will most likely find that you enjoy them. Try low-fat kettle chips or baked Tostitos. Look for or make homemade sweet snacks with less sugar and less processed ingredients.

Avoid Trans Fat

Trans fats are trouble for your body. They tend to lurk in most processed snack foods (like packaged cookies and crackers, snack cakes, frozen dinners, and fried treats). Anything with "partially hydrogenated oil" in the label is questionable. Try to steer clear of these and opt for something healthier.

Be A Label Detective

Don't buy snacks because they have a big banner at your grocery store. Read the NUTRITION INFORMATION label. Be sure to follow serving sizes and find a snack that is low in fat and calories and sugar. And remember that fiber and protein are body-friendly.

Are You Really Hungry?

Often when you reach for a snack you aren't even hungry. Eating and snacking should satisfy hunger. If you are just looking for a way to pass time, pick up a good book. Start a puzzle. Go play outside. Find another activity to keep you busy. Don't eat or snack just because you are bored.

Be Careful of Energy Bars

With all the "energy" and "power" bars on the shelves, it's no wonder they are popular. The truth is that even though these are convenient, they are often loaded with sugar and fat. When picking one for you, look for at least 3 grams of fiber, at least 5 grams of protein, and low or no fat with less than 20 grams of sugar. Don't let an unhealthy variety sneak into your diet and replace a meal or another snack that could have been a healthier choice.