



**What's on
YOUR
plate?**



Make this the year you eat more fruits and veggies. And let us help!

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack. **And whenever you**

choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!



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

Monday, August 14

Breakfast

Egg Cheese Potato Sausage
Rolled Taco

Lunch

Pizza Slice or Flatbread Pizza
Breaded Pork Chop w/
Brown Gravy & dinner roll
Spicy Chicken on bun
Grilled Cheese Stuffers
PB&J Uncrustables

Tuesday, August 15

Breakfast

Cinnamon Roll

Lunch

Turkey Chef Salad w/
Goldfish & Garlic Bread Stick
Chicken Bites & dinner roll
Mozz Cheese Sticks
Grilled Cheese Stuffers
PB&J Uncrustables

Wednesday, August 16

Breakfast

Breakfast Sausage Pizza

Lunch

Brd Chicken Patty on bun
Beef & Broccoli Fried Rice &
Vegetable Eggroll
French Bread Pizza
Grilled Cheese Stuffers
PB&J Uncrustables

Thursday, August 17

Breakfast

Pancake & Sausage on Stick

Lunch

Ham Chef Salad w/ Goldfish
& Garlic Bread Stick
Crispito w/ Cheese
BBQ Rib on Sub Roll
Grilled Cheese Stuffers
PB&J Uncrustables

Friday, August 18

Breakfast

Biscuit Sandwich

Lunch

Pizza Slice or Flatbread Pizza
Chicken & Waffles
Cheeseburger/Hamburger
Grilled Cheese Stuffers
PB&J Uncrustables

Monday, August 21

Breakfast

Egg Cheese Potato Sausage
Breakfast Burrito

Lunch

Cheeseburger/Hamburger
Honey Sriracha Chicken w/
Rice
Spicy Chicken Sandwich
Grilled Cheese Stuffers
PB&J Uncrustables

Tuesday, August 22

Breakfast

Variety of Mini Pancakes

Lunch

Turkey Chef Salad w/
Goldfish & Garlic Bread Stick
Chili Cheese Tots w/ Banana
Bread slice
Home-style Chicken Bits
Grilled Cheese Stuffers
PB&J Uncrustables

Wednesday, August 23

Breakfast

Breakfast Sausage Pizza

Lunch

Beef Ravioli w/ dinner roll
Pepperoni or Cheese Calzone
Smothered Beef Burrito
Grilled Cheese Stuffers
PB&J Uncrustables

Thursday, August 24

Breakfast

Glazed Donut

Lunch

Han Chef Salad w/ Goldfish &
Garlic Bread Stick
Crispito w/ Cheese
Not & Spicy Chicken Tenders
Grilled Cheese Stuffers
PB&J Uncrustables

Friday, August 25

Breakfast

Biscuit Sandwich

Lunch

Pizza Slice or Flatbread Pizza
Chicken Mashed Potato Bowl
Cheeseburger/Hamburger
Grilled Cheese Stuffers
PB&J Uncrustables

Monday, August 28

Breakfast

Egg Cheese Potato Sausage
Rolled Taco

Lunch

Chicken Nachos
Beef Steak w/ Brown Gravy &
dinner roll
Spicy Chicken Sandwich
Grilled Cheese Stuffers
PB&J Uncrustables

Tuesday, August 29

Breakfast

Cinnamon Roll

Lunch

Turkey Chef Salad w/
Goldfish & Garlic Bread Stick
Cheesy Baked Lasagna w/
dinner roll
Soft Shell Tacos
Grilled Cheese Stuffers
PB&J Uncrustables

Wednesday, August 30

Breakfast

Breakfast Sausage Pizza

Lunch

Buffalo Chicken on Bun
Orange Chicken over Rice w/
Fortune Cookie
Cheese or Pepperoni French
Pizza
Grilled Cheese Stuffers
PB&J Uncrustables

Thursday, August 31

Breakfast

Pancake & Sausage on Stick

Lunch

Han Chef Salad w/ Goldfish &
Garlic Bread Stick
Crispito w/ Cheese
Corn Dog
Grilled Cheese Stuffers
PB&J Uncrustables

Friday, September 1

Breakfast

Biscuit Sandwich

Lunch

Pizza Slice or Flatbread Pizza
Chicken Mashed Potato Bowl
Cheeseburger/Hamburger
Grilled Cheese Stuffers
PB&J Uncrustables