



**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

Mini Chocolate or Powdered Donuts

Lunch

Chicken Nuggets w/ Garlic Bread Stick OR BBQ Rib on a Bun

Pick your side offering to total at least 3 meal items:

Broccoli w/ Cheese
Cole Slaw

Tuesday, August 15

Breakfast

French Toast Sticks

Lunch

Cheese or Pepperoni Stuffed Crust Pizza OR Breaded Chicken Patty

Pick your side offering to total at least 3 meal items:

Potato Tots
Carrots

Wednesday, August 16

Breakfast

Breakfast Sausage Pizza

Lunch

Spaghetti & Cheese Bread Stick OR Mini Corn Dogs

Pick your side offering to total at least 3 meal items:

Green Beans
Black-Eyed Peas

Thursday, August 17

Breakfast

Sausage Biscuit Sandwich

Lunch

Super Nachos OR Fish w/ Cheese on Bun

Pick your side offering to total at least 3 meal items:

Corn
Pinto Beans

Friday, August 18

Breakfast

Variety of Mini Pancakes

Lunch

Chicken or Cheese Quesadilla OR Mozzarella Cheese Stick

Pick your side offering to total at least 3 meal items:

Sweet Potato Fries
Green Peas

Monday, August 21

Breakfast

Jumbo WG Muffin

Lunch

Boneless Chicken Wings w/ Garlic Toast OR Mini Crispy Tacos

Pick your side offering to total at least 3 meal items:

Broccoli w/ Cheese
Lima Beans

Tuesday, August 22

Breakfast

Yogurt/Fruit Parfait & Graham Sticks

Lunch

Cheeseburger or Hamburger OR Pepper Chicken Bites w/ Garlic Bread Stick

Pick your side offering to total at least 3 meal items:

Spiral French Fries
Bakes Beans

Wednesday, August 23

Breakfast

Breakfast Sausage Pizza

Lunch

Chili Cheese Tots w/ Banana Bread Slice OR Cheese or Pepperoni French Bread Pizza

Pick your side offering to total at least 3 meal items:

Carrots
Broccoli Salad

Thursday, August 24

Breakfast

Cinnamon Roll

Lunch

Chicken Chili Crispito w/ cheese OR BBQ Rib on Sub Roll

Pick your side offering to total at least 3 meal items:

Corn
Sweet Potato Fries

Friday, August 25

Breakfast

Variety of Mini Waffles

Lunch

Cheese or Pepperoni or Buffalo Chicken Pizza Slice OR Hot Dog

Pick your side offering to total at least 3 meal items:

Green Beans
Green Peas

Monday, August 28

Breakfast

Pancake & Sausage on Stick

Lunch

Chicken Mashed Potato Bowl w/ Buttermilk Biscuit OR Pulled Pork BBQ on Sub

Pick your side offering to total at least 3 meal items:

Green Beans
White Beans

Tuesday, August 29

Breakfast

Mini Cinnis, Frudels, Creamed Cheese Stuffed Bagels

Lunch

Beef Ravioli w/ Dinner Roll OR Spicy Chicken on bun

Pick your side offering to total at least 3 meal items:

Broccoli w/ Cheese
Sweet Potato Fries

Wednesday, August 30

Breakfast

Breakfast Sausage Pizza

Lunch

Breaded Beef Steak with or without Brown Gravy & roll OR Mozzarella Cheese Sticks

Pick your side offering to total at least 3 meal items:

Whipped Potatoes
Cole Slaw

Thursday, August 31

Breakfast

Bacon & Cheese Scramble w/ Buttermilk Biscuit

Lunch

French Toast Sticks Sausage Patties & Syrup OR Cheeseburger Mac Casserole

Pick your side offering to total at least 3 meal items:

Potato Tots
Carrots

Friday, September 1

Breakfast

Variety of Mini Waffles

Lunch

Breaded Chicken Patty on Bun OR Corn Dog

Pick your side offering to total at least 3 meal items:

Corn
Green Beans