

*Healthy tip of the month

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for: • **Some types of cancer** • **Heart disease** • **Type 2 diabetes** • **High blood pressure** • **Obesity**. We can make a difference by spreading the word about tips for healthy eating and encourage each other. Let use this month to raise awareness about the importance of getting enough fruits and vegetables. Some ideas are: • **Spread the word and support local agriculture**. • **Encourage families to make small changes**, like keeping fresh fruit or carrot sticks within easy reach.

Christa McAuliffe - Lunch Menu – September 2018

Milk is served
with every lunch.

Menu subject to
change.

Lunch \$3.25

Breads/Buns are
whole grain rich.



	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	K	3	4	5	6	7	8
			French Toast Sausage Potato Cubes Cucumbers Apple Juice / Syrup	Chicken Nuggets Mashed Potato White Beans Mandarin Orange	Chicken Alfredo Broccoli Salad Apple Roll	Cheese Pizza Cucumbers Salad Fresh Carrots Sidekick	
9	P	10	11	12	13	14	15
			Meatloaf Mashed Potato Corn / Cucumbers Applesauce Hot Roll	Chicken Parmesan Hot Carrots Salad Apple	Breaded Steak Mashed Potato Broccoli Orange	Cheese Pizza Cucumbers Salad Sidekick	
16	A	17	18	19	20	21	22
		Chicken Nuggets Mashed Potato White Beans Orange	Meatball Sub Tater Tots Hot Carrots Pineapple	Turkey Sub Fruit cup Salad Cucumbers	Chicken Alfredo Broccoli Salad Apple Roll	Cheese Pizza Cucumbers Salad Sidekick	
23	R	24	25	26	27	28	29
		Chicken Strips Rice / Tortilla Black beans Lettuce / Tomatoes Plantain	Cheeseburger Tater Tots Broccoli Apple	Hot Dog Mac & Cheese Hot Carrots Cucumbers Orange	Pasta w/ Meat Sauce Salad Applesauce Roll	Cheese Pizza Cucumbers Salad Sidekick	

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