



goodbye, august
hello, september

Breakfast Lunch

September 1st

WG Biscuit w/Jelly Fresh Fruit or Fruit Juice	Baked Ziti Steamed Corn WW Dinner Roll
---	--

September 2nd

Cinnamon Raisin Bagel Strawberry Cream Cheese, Fresh Fruit, or Fruit Juice	Grilled Chicken Sandwich Honey Mustard Dressing Lettuce, Tomato, Pickle Squash Baked Tomato
---	--

September 5th

School
Closed



September 6th

Stone Ground Grits Turkey Sausage Patty Fresh Fruit or Fruit Juice	Calzone French Fries w/ Ketchup Carrot Soufflé
---	--

September 7th

WG Blueberry Pancakes Fresh Fruit or Fruit Juice	Shepherd's Pie Mac Steamed Broccoli Marinated Cucumber WW Dinner Roll
--	--

Food Allergy Worries?

Sending your child off to school for the first time may be difficult for any parent. Parents having children with food allergies, may have even more anxiety.



Recent studies have shown that 1 in 20 young children under the age of 5 years are allergic to at least one food. Peanuts, milk, and wheat are some of the most common food allergies affecting young children today. Being able to prepare a healthy and allergy-free lunch with kid-friendly foods is possible. However, as a parent it is still very important for you to let your child's principal, teachers, and cafeteria staff know of your child's allergy so they can take the necessary steps needed to protect your child's well-being when they are under their care.

Try these lunch ideas for these common allergies:

- ◆ **No Peanuts:** Instead of peanut butter and jelly, try sunbutter and jelly. Sunbutter is made with sunflower seeds, and it is safe for kids with peanut or tree nut allergies.
- ◆ **No Milk:** Some milk substitutes are: rice, almond, coconut, oat, or soy milk.
- ◆ **No Wheat:** Choose from these flours: rice, potato starch, soy, tapioca, or corn instead or wheat, barley, or rye.

Breakfast Lunch

September 8th

WG Chicken Biscuit Fresh Fruit or Fruit Juice	Lasagna Steamed Green Beans WW Dinner Roll
---	--

September 9th

Cinnamon Roll w/Icing Fresh Fruit or Fruit Juice	Chicken, Sausage, & Okra Gumbo w/ Rice Wheat Crackers Mixed Salad w/Carrots
--	--

September 12th

Apple Cinnamon Cereal Fresh Fruit or Fruit Juice	Pulled Pork Baked Beans Macaroni & Cheese Mixed Salad
--	--

September 13th

WG Biscuit w/ Jelly Turkey Sausage Patty Fresh Fruit or Fruit Juice	Chicken Alfredo w/ Penne Pasta Steamed Green Beans Steamed Corn
--	--

September 14th

WG Maple Waffles Fresh Fruit or Fruit Juice	Turkey Nachos w/ Cheese Lettuce, Sour Cream Pinto Beans, & Salsa
---	--

September 15th

Scrambled Eggs WG Biscuit Fresh Fruit or Fruit Juice	Chicken Parmesan w/ WG Noodles Mixed Salad w/ Carrots
---	---



▶ *Available Daily*

All Meals Served With:
 Low Fat White Milk
 Fat Free Flavored Milk
 Fresh Fruit

Breakfast Lunch

September 16th

French Toast Sticks Fresh Fruit or Fruit Juice	Baked Tilapia w/ Creole Sauce, Rice Pilaf, Steamed Broccoli WG Biscuit
--	---

September 19th

Cinnamon Toast Cereal Fresh Fruit or Fruit Juice	Sloppy Joe Sandwich Baked Beans Carrot Soufflé
--	--

September 20th

Egg Fiesta Butter w/ Fresh Fruit or Fruit Juice	Stromboli French Fries w/ Ketchup Steamed Corn
---	--

September 21st

WG Blueberry Pancakes Fresh Fruit or Fruit Juice	New Orleans Style Dirty Rice, Mixed Salad w/ Carrots, Dinner Roll
--	---

September 22nd

Scrambled Eggs WG Biscuit Fresh Fruit or Fruit Juice	Spaghetti & Meatballs Seasoned Green Beans
---	---

September 23rd

Cinnamon Roll w/ Icing Fresh Fruit or Fruit Juice	Fish Stick Taco w/ Broccoli & Baja Dressing Marinated Tomatoes
---	--

Breakfast Lunch

September 26th

Strawberry Yogurt w/ Granola Fresh Fruit or Fruit Juice	Red Beans & Rice Coleslaw Cornbread
--	---

September 27th

Stone Ground Grits Turkey Sausage Link Fresh Fruit or Fruit Juice	Sweet & Sour Chicken Oriental Rice Steamed Corn Seasoned Green Beans
--	---

September 28th

WG Maple Waffle Fresh Fruit or Fruit Juice	Hamburger French Fries w/ Ketchup Lettuce, Tomato, Pickle
--	---

September 29th

Scrambled Eggs WG Biscuit Turkey Sausage Patty Fresh Fruit or Fruit Juice	Jambalaya Mixed Salad w/ Carrots Green Peas WW Dinner Roll
---	---

September 30th

French Toast Sticks Sausage Links Fresh Fruit or Fruit Juice	Chicken Stewed Thigh Brown Rice w/ Gravy Steamed Broccoli Marinated Tomatoes
---	---

▶ *What's In Season This Month!!*



Peaches

- Apples
- Bell peppers
- Blackberries
- Broccoli Rabe
- Brussels Sprouts
- Celery
- Corn
- Cucumbers
- Eggplant



Artichokes

- Grapes
- Green Beans
- Kiwi
- Melons
- Nectarines
- Okra
- Peas
- Plums
- Pluots



Pears

- Pomegranates
- Pumpkin
- Raspberries
- Strawberries
- Summer Squash
- Sweet Potatoes
- Tomatoes
- Zucchini



*September is National
 Childhood Obesity
 Awareness Month!*

Childhood obesity is becoming more and more common now-a-days. Approximately 1 in 3 children in the United States are considered overweight or obese. These children are at a much higher risk for developing various health problems, such as type 2 diabetes. However, childhood obesity can be avoided and these are a few ways to accomplish this:

- ◆ **A little bit goes a long way:** Keeping healthier food options around the house instead of high fat foods will reduce temptations.
- ◆ **Be role models:** When your children see you eating healthy food options and staying active they will be excited to join in.
- ◆ **Physical activity is a must:** Getting your child involved in an activity that interests him or her is a great way to encourage activity and make him or her some new friends.

*Healthier Choices, Makes
 A Healthier You!*

Tip # 2: Sleep Health

Sleeping is a vital component of living a healthy lifestyle. This basic requirement aids in the health and development of infants, children, and adults. When you receive adequate sleep your body is able to do the following:

1. Fight off any colds.
2. Metabolize sugar to prevent diabetes.
3. Excel in school.
4. Perform daily activities safely.