

Monday

Tuesday

Wednesday

Thursday

Friday



5
General Tso Chicken
Seasoned Brown Rice
Broccoli Florettes
Carrot Coins
Fresh Local Peaches
Choice of Milk

6
Shredded BBQ Turkey
Whole Grain Rich Cornbread
Corn Obrien
Coleslaw
Fresh Pears
Choice of Milk

7
Cheese Pizza
Mixed Green Salad
Carrot Sticks W/ Ranch Dip
Nectarines
Choice of Milk

1
French Toast Sticks
Scrambled Eggs
Hash Brown Patties
Baked Cinnamon Apples
Choice of Milk

8
Chicken and Waffles
Roasted Potatoes
Steamed Spinach
Baked Apples and Craisins
Choice of Milk

11
BBQ Rib Patty Sandwich
Corn on the Cob
Coleslaw
Applesauce
Choice of Milk

12
Chicken Nuggets
WG Dinner Roll
Honey Glazed Sweet Potatoes
Green Beans
Fresh Local Peaches
Choice of Milk

13
Toasted Cheese Sandwich
Marinara Dipping sauce
Potato Wedges
Fresh Pears
Choice of Milk

14
Whole Grain Chips
And Beef Chili
Black Bean and Corn Salad
Pico de Gallo
Nectarines
Choice of Milk

15
Cheese Pizza
Mixed Greens Salad
Carrot Sticks W/Ranch Dip
Petite Bananas
Choice of Milk

18
Cheeseburgers on
WG Bun
Potato Wedges
Lettuce and Tomato
Applesauce
Choice of Milk

19
Baked Breaded
Chicken Legs
Steamed Rice
Seasoned Collard Greens
Fresh Local Peaches
Choice of Milk

20
Pasta and Meat Sauce
Broccoli
Fresh Pears
Choice of Milk

21
Turkey Hoagies
Lettuce and Tomato
Carrot and Celery Sticks
Ranch Dipping Sauce
Choice of Milk



25
Soft Beef Tacos
Shredded Lettuce
Diced Tomatoes
Seasoned Pinto Beans
Fresh Red Delicious Apples
Choice of Milk

26
General Tso Chicken
Seasoned Brown Rice
Broccoli Florettes
Carrot Coins
Fresh Local Peaches
Choice of Milk

27
Shredded BBQ Turkey
Whole Grain Rich Cornbread
Corn Obrien
Coleslaw
Fresh Pear
Choice of Milk

28
Cheese Pizza
Mixed Green Salad
Carrot Sticks W/ Ranch Dip
Nectarines
Choice of Milk

29
French Toast Sticks
Scrambled Eggs
Hash Brown Patties
Baked Cinnamon Apples
Choice of Milk



Monday

Tuesday

Wednesday

Thursday

Friday



11
BBQ Rib Patty Sandwich
Corn on the Cob
Coleslaw
Applesauce
Choice of Milk

5
General Tso Chicken
Seasoned Brown Rice
Broccoli Florettes
Carrot Coins
Fresh Peaches
Choice of Milk

6
Shredded BBQ Turkey
Whole Grain Rich Cornbread
Corn Obrien
Coleslaw
Chilled Pineapple Cups
Choice of Milk

7
Cheese Pizza
Mixed Green Salad
Carrot Sticks W/ Ranch Dip
Nectarines
Choice of Milk

8
Chicken and Waffles
Roasted Potatoes
Steamed Spinach
Baked Apples and Craisins
Choice of Milk

12
Chicken Nuggets
WG Dinner Roll
Honey Glazed Sweet Potatoes
Green Beans
Chilled Diced Pineapples
Choice of Milk

13
Toasted Cheese Sandwich
Marinara Dipping sauce
Potato Wedges
Fresh Pears
Choice of Milk

14
Whole Grain Chips
And Beef Chili
Black Bean and Corn Salad
Pico de Gallo
Nectarines
Choice of Milk

15
Cheese Pizza
Mixed Greens Salad
Carrot Sticks W/Ranch Dip
Petite Bananas
Choice of Milk

18
Cheeseburgers on
WG Bun
Potato Wedges
Lettuce and Tomato
Applesauce

19
Baked Breaded
Chicken Legs
Steamed Rice
Seasoned Collard Greens
Chilled Diced Pineapples

20
Pasta and Meat Sauce
Broccoli
Fresh Pears
Choice of Milk

21
Turkey Hotdogs
Potato Wedges
Baked Beans
Nectarines



25
Soft Beef Tacos
Shredded Lettuce
Diced Tomatoes
Seasoned Pinto Beans
Fresh Red Delicious Apples
Choice of Milk

26
General Tso Chicken
Seasoned Brown Rice
Broccoli Florettes
Carrot Coins
Fresh Peaches
Choice of Milk

27
Shredded BBQ Turkey
Whole Grain Rich Cornbread
Corn Obrien
Coleslaw
Chilled Pineapple Cups
Choice of Milk

28
Cheese Pizza
Mixed Green Salad
Carrot Sticks W/ Ranch Dip
Nectarines
Choice of Milk

1
French Toast Sticks
Scrambled Eggs
Hash Brown Patties
Baked Cinnamon Apples
Choice of Milk



Monday

Tuesday

Wednesday

Thursday

Friday



11
BBQ Rib Patty Sandwich
Corn on the Cob
Coleslaw
Applesauce
Choice of Milk

5
General Tso Chicken
Seasoned Brown Rice
Broccoli Florettes
Carrot Coins
Fresh Peaches
Choice of Milk

6
Shredded BBQ Turkey
Whole Grain Rich Cornbread
Corn Obrien
Coleslaw
Chilled Pineapple Cups
Choice of Milk

7
Cheese Pizza
Mixed Green Salad
Carrot Sticks W/ Ranch Dip
Nectarines
Choice of Milk

8
Chicken and Waffles
Roasted Potatoes
Steamed Spinach
Baked Apples and Craisins
Choice of Milk

12
Chicken Nuggets
WG Dinner Roll
Honey Glazed Sweet Potatoes
Green Beans
Chilled Diced Pineapples
Choice of Milk

13
Toasted Cheese Sandwich
Marinara Dipping sauce
Potato Wedges
Fresh Pears
Choice of Milk

14
Whole Grain Chips
And Beef Chili
Black Bean and Corn Salad
Pico de Gallo
Nectarines
Choice of Milk

15
Cheese Pizza
Mixed Greens Salad
Carrot Sticks W/Ranch Dip
Petite Bananas
Choice of Milk

18
Cheeseburgers on
WG Bun
Potato Wedges
Lettuce and Tomato
Applesauce

19
Baked Breaded
Chicken Legs
Steamed Rice
Seasoned Collard Greens
Chilled Diced Pineapples

20
Pasta and Meat Sauce
Broccoli
Fresh Pears
Choice of Milk

21
Turkey Hotdogs
Potato Wedges
Baked Beans
Nectarines



1
French Toast Sticks
Scrambled Eggs
Hash Brown Patties
Baked Cinnamon Apples
Choice of Milk

25
Soft Beef Tacos
Shredded Lettuce
Diced Tomatoes
Seasoned Pinto Beans
Fresh Red Delicious Apples
Choice of Milk

26
General Tso Chicken
Seasoned Brown Rice
Broccoli Florettes
Carrot Coins
Fresh Peaches
Choice of Milk

27
Shredded BBQ Turkey
Whole Grain Rich Cornbread
Corn Obrien
Coleslaw
Chilled Pineapple Cups
Choice of Milk

28
Cheese Pizza
Mixed Green Salad
Carrot Sticks W/ Ranch Dip
Nectarines
Choice of Milk

[Enter Additional Info]



Monday

Tuesday

Wednesday

Thursday

Friday



1
Cinnamon Chex Cereal
Mozzarella String Cheese
Apple Juice
Assorted Milk

5
Chicken Breakfast Sandwich
Orange Wedges
Choice of Milk

6
Cinnamon Mini Waffles
Mozzarella String Cheese
Fresh Local Peaches
Choice of Milk

7
Pumpkin Bread Slice
Hard Boiled Egg
Bananas
Choice of Milk

8
Kix Cereal
Cojack Cheese Stick
Orange Juice
Assorted Milk

11
Zucchini Bread
Mozzarella String Cheese
Fresh Pears
Strawberry Craisins
Choice of Milk

12
Beef Sausage on a WG
Bagel
Orange Wedges
Choice of Milk

13
Mini Maple Burst Pancakes
Reduced Sugar Trix Yogurt
Fresh Local Peaches
Choice of Milk

14
Cinnamon Toast
Co Jack Cheese Stick
Bananas
Choice of Milk

15
Reduced Sugar
Cinnamon Toast Crunch
Mozzarella String Cheese
Tangerines
Choice of Milk

18
Apple Cinnamon Roll
Hard Boiled Egg
Golden Delicious Apples
Choice of Milk

19
Apple Cinnamon Pancake
and Sausage on a stick
Orange Wedges
Choice of Milk

20
Triple Berry French Toast
Mozzarella String Cheese
Fresh Local Peaches
Choice of Milk

21
Pumpkin Bread Slice
Hard Boiled Egg
Bananas
Choice of Milk



25
Strawberry Cream Cheese
Bagel
Fresh Pear
Assorted Milk

26
Chicken Breakfast Sandwich
Orange Wedges
Choice of Milk

27
Cinnamon Mini Waffles
Reduced Sugar Trix Yogurt
Fresh Local Peaches
Choice of Milk

28
Cinnamon Toast
Co Jack Cheese Stick
Bananas
Choice of Milk

29
Kix Cereal
Cojack Cheese Stick
Orange Juice
Assorted Milk

- All K-8 students are offered a choice of an 8 oz 1% White, Skim White, or Skim Chocolate Milk
 - Menus are subject to change with due to product availability



Monday

Tuesday

Wednesday

Thursday

Friday



11
BBQ Rib Patty Sandwich
Corn on the Cob
Coleslaw
Applesauce
Choice of Milk

5
General Tso Chicken
Seasoned Brown Rice
Broccoli Florettes
Carrot Coins
Fresh Peaches
Choice of Milk

6
Shredded BBQ Turkey
Whole Grain Rich Cornbread
Corn Obrien
Coleslaw
Chilled Pineapple Cups
Choice of Milk

7
Cheese Pizza
Mixed Green Salad
Carrot Sticks W/ Ranch Dip
Nectarines
Choice of Milk

8
Chicken and Waffles
Roasted Potatoes
Steamed Spinach
Baked Apples and Craisins
Choice of Milk

12
Chicken Nuggets
WG Dinner Roll
Honey Glazed Sweet Potatoes
Green Beans
Chilled Diced Pineapples
Choice of Milk

13
Toasted Cheese Sandwich
Marinara Dipping sauce
Potato Wedges
Fresh Pears
Choice of Milk

14
Whole Grain Chips
And Beef Chili
Black Bean and Corn Salad
Pico de Gallo
Nectarines
Choice of Milk

15
Cheese Pizza
Mixed Greens Salad
Carrot Sticks W/Ranch Dip
Petite Bananas
Choice of Milk

18
Cheeseburgers on
WG Bun
Potato Wedges
Lettuce and Tomato
Applesauce

19
Baked Breaded
Chicken Legs
Steamed Rice
Seasoned Collard Greens
Chilled Diced Pineapples

20
Pasta and Meat Sauce
Broccoli
Fresh Pears
Choice of Milk

21
Turkey Hotdogs
Potato Wedges
Baked Beans
Nectarines



25
Soft Beef Tacos
Shredded Lettuce
Diced Tomatoes
Seasoned Pinto Beans
Fresh Red Delicious Apples
Choice of Milk

26
General Tso Chicken
Seasoned Brown Rice
Broccoli Florettes
Carrot Coins
Fresh Peaches
Choice of Milk

27
Shredded BBQ Turkey
Whole Grain Rich Cornbread
Corn Obrien
Coleslaw
Chilled Pineapple Cups
Choice of Milk

28
Cheese Pizza
Mixed Green Salad
Carrot Sticks W/ Ranch Dip
Nectarines
Choice of Milk

1
French Toast Sticks
Scrambled Eggs
Hash Brown Patties
Baked Cinnamon Apples
Choice of Milk



SEPTEMBER 2017

Monday

Tuesday

Wednesday

Thursday

Friday



Zucchini Coins w/Ranch Dip 5
 Zucchini or courgette is a summer squash which can reach nearly a meter in length, but is usually harvested immature at 15 to 25 cm

Raspberries 6
 Low in calories and fat, cholesterol-free and high in fiber and vitamin C, raspberries are a heart-healthy food.

No FFVP Early Dismissal 7

Pink Lady Apples 8
 The Pink Lady® Brand Apple was developed over 30 years ago in Western Australia by John Cripps as a natural cross between Lady Williams and Golden Delicious.

Cantaloupe Cubes 11
 Fruits like cantaloupe are beneficial for your hair because they contain vitamin A

Celery Sticks and Ranch Dipping Sauce 12
 Where does celery come from? Celery was first cultivated in the Mediterranean region about 3,000 years ago.

Mangoes 13
 Did you know mangoes can get sunburned?

No FFVP Early Dismissal 14

Watermelon 15
 Visit www.watermelon.org

Red Plums 18
 Red plums are a curious blend of sweet, sour and juicy

Baby Carrot Sticks and Ranch Dipping Sauce 19


Bartlet Pears 20
 There are ten varieties of USA Pears each with its own distinctive color, flavor, and texture.

No FFVP Early Dismissal 21



Blueberries 25
 Red plums are a curious blend of sweet, sour and juicy

Cucumber Coins And Ranch Dipping Sauce 26
 What are cucumbers good for?
<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2439/2>

Raspberries 27
 Low in calories and fat, cholesterol-free and high in fiber and vitamin C, raspberries are a heart-healthy food.

No FFVP Early Dismissal 28

Pink Lady Apples 29
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SEPTEMBER 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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Early Dismissal** 21



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**No FFVP
Early Dismissal** 28

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After School Snack Program

SEPTEMBER 2017

K-12

Friendship Public Charter Schools

Monday

Tuesday

Wednesday

Thursday

Friday



5
Giant Goldfish and
Unflavored 1% or Skim Milk

6
Nutrigrain Bars and
100% Fruit Juice

7
Berry Parfait Cups

1
Cojack Cheese and
½ cup of Cantaloupe Chunks

8
WG Rice Crispy Treats
Unflavored 1% or Skim milk

11
Yogurt and
Strawberries

12
WG Pretzel and
100% Fruit Juice

13
Apple Slices and
Sun Butter

14
Cereal Bar
Unflavored 1% or Skim Milk

15
Cojack Cheese and
½ cup of Cantaloupe Chunks

18
WG Muffin
100% Fruit Juice

19
Giant Goldfish and
Unflavored 1% or Skim Milk

20
Nutrigrain Bars and
100% Fruit Juice

21
Berry Parfait Cups



25
Yogurt and
Strawberries

26
WG Pretzel and
100% Fruit Juice

27
Apple Slices and
Sun Butter

28
Cereal Bar
Unflavored 1% or Skim Milk

Cojack Cheese and
½ cup of Watermelon Chunks



Supper

SEPTEMBER 2017

K - 12

Friendship Public
Charter Schools

Monday

Tuesday

Wednesday

Thursday

Friday



1
Stuffed Crust Pizza
Fresh Broccoli Florettes
Carrot Sticks
Ranch Dip
Assorted Fruit
Choice of Milk

5
Penne Pasta, Marinara
Chicken Meatballs
Steamed Broccoli
Assorted Fruit
Choice of Milk

6
Chicken Patty Sandwich
Baked Potato Wedges
Baked Beans
Assorted Fruit
Choice of Milk

7
Italian Style Stuffed
Bread Sticks
W/Marinara Dip
Side Caesar Salad
Assorted Fruit
Choice of Milk

8
Baked Breaded
Chicken Legs
Steamed Rice
Seasoned Collard Greens
Chilled Diced Pineapples

11
Taco Stick
Seasoned Pinto Beans
Salsa
Assorted Fruit
Choice of Milk

12
Lasagna Roll Ups with
Marinara
Side Caesar Salad
Assorted Fruit
Choice of Milk

13
Salisbury Steak
and Gravy
Seasoned Brown Rice
Seasoned Broccoli
Carrots
Assorted Fruit

14
Toasted Cheese Sandwich
Marinara Dipping Sauce
French Fries
Assorted Fruit
Choice of Milk

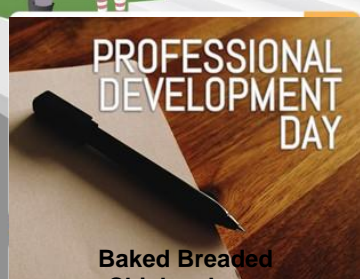
15
Cheeseburger
Sweet Potato Puffs
Marinated Cucumber Coins
Assorted Fruit
Choice of Milk

18
Chalupa with Shredded
Lettuce and Tomatoes
Black Beans and Corn Salad
Assorted Fruit
Choice of Milk

19
Italian Style Cheese Sticks
Marinara Dipping Sauce
Spinach Salad
Assorted Fruit
Choice of Milk

20
Turkey and Gravy W WG
Dinner Roll
Mashed Potatoes
Collard Greens
Assorted Fruit
Choice of Milk

21
Pulled BBQ Chicken Sandwich
Roasted Carrots
Cole Slaw
Cinnamon Apples
Choice of Milk



25
Baked Enchaladas
w Queso Sauce
Seasoned Black Beans
Side Salad
Assorted Fruit
Choice of Milk

26
Penne Pasta, Marinara
Chicken Meatballs
Steamed Broccoli
Assorted Fruit
Choice of Milk

27
Chicken Patty Sandwich
Baked Potato Wedges
Baked Beans
Assorted Fruit
Choice of Milk

28
Italian Style Stuffed
Bread Sticks
W/Marinara Dip
Side Caesar Salad
Assorted Fruit
Choice of Milk

Baked Breaded
Chicken Legs
Steamed Rice
Seasoned Collard Greens
Chilled Diced Pineapples



Food Bytes



Team Nutrition provides MyPlate materials that are developed specifically for kids and their parents/caregivers. We also offer evidenced-based curricula that educators can use to integrate MyPlate lessons into core educational subjects, such as Math, English Language Arts, and Science.

Walk to School Day

Kids from communities around the world walk, bike or roll in a wheel chair to school on Walk to School Day. The 2017 event is scheduled for October 4.

How to Walk, Bike or Wheel to School?

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Nutrilink: www.walkbiketoschool.org

Menus for September 2017

Middle School Breakfast

				Friday, September 1
				Chicken Sausage Breakfast Sandwich Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
				Chicken Sausage Breakfast Sandwich Or Banana Bread Fruit Yogurt Or Assorted Cereal With Assorted Fruit
Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk	Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	Blueberry Pancake Sausage on a Stick Or Super Bun Or Assorted Cereal Colby Jack Cheese Stick With Assorted Fruit Apple Juice Assorted Milk	Chicken Sausage Breakfast Sandwich Or Banana Bread Fruit Yogurt Or Assorted Cereal With Assorted Fruit
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk	Sausage, Egg, and Cheese Bagel Or Banana Bread Fruit Yogurt Or Assorted Cereal Cheese Stick Assorted Fruit Assorted Milk	Cinnamon Pancake Sausage on a Stick Or Super Bun Or Assorted Cereal Colby Jack Cheese Stick With Assorted Fruit Apple Juice Assorted Milk	Chicken Sausage Breakfast Sandwich Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Sausage, Egg, and Cheese Bagel Or Banana Bread Fruit Yogurt Or Assorted Cereal Cheese Stick Assorted Fruit Assorted Milk	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk	Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	Blueberry Pancake Sausage on a Stick Or Super Bun Or Assorted Cereal Colby Jack Cheese Stick With Assorted Fruit Apple Juice Assorted Milk	
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk	Sausage, Egg, and Cheese Bagel Or Banana Bread Fruit Yogurt Or Assorted Cereal Cheese Stick Assorted Fruit Assorted Milk	Cinnamon Pancake Sausage on a Stick Or Super Bun Or Assorted Cereal Colby Jack Cheese Stick With Assorted Fruit Apple Juice Assorted Milk	Chicken Sausage Breakfast Sandwich Or Super Donut Or Assorted Cereal Hard Boiled Eggs(2) With Assorted Fruit

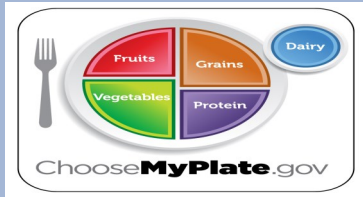
September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month



Developed by School Nutrition Services, N.C. Department of Public Instruction. NCDPI and USDA are equal opportunity providers and employers. 06/17 <http://childnutrition.ncpublicschools.gov>

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Nutrilink: www.walkbiketoschool.org

Menus for September 2017

Tech Prep Middle Lunch

				Friday, September 1
				Chicken and Waffles Roasted Potatoes Steamed Spinach Or Buffalo Chicken Flat Bread Sandwich Or Chopped Kale Salad w/Chicken, Apples, and Cranberries
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	General Tso Chicken Steamed Brown Rice Broccoli and Carrots Or Turkey Flat Bread Sandwich Lettuce and Tomato Or Turkey Garden Salad With Assorted Fresh Fruit Choice of Milk	Chicken Meatball Sub Baked Potato Wedges Mixed Green Salad Or Tuna Salad Sub With Lettuce and Tomato Or BBQ Chicken Garden Salad Assorted Fruit Assorted Milk	Sliced Turkey and Gravy Mashed Potatoes Green Beans Or Chicken Caesar Salad on Flat Bread Or Chopped Chef salad W/ Egg	Stuffed Crust Pizza Or Buffalo Chicken Flatbread Potato Wedges Corn and Tomatoes Fresh Peaches Or Chopped Kale Salad w/ Chicken, Apples, and Cranberries
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Bacon Cheeseburger Or Grilled Cheese Baked Potato Wedges Green Beans Assorted Fresh Fruit Or Chicken Caesar Salad w/WG Breadstick	Chicken and Rice Bowl With Gravy, Broccoli and Carrots ~ Tuna Salad On Flat Bread Lettuce and Tomato ~ Turkey Garden Salad Assorted Milk and Assorted Fresh Fruit	WG Penne Pasta and Meatsauce W/ Marinara Sauce Or Chicken Patty Parmesan Sandwich W/ Green Beans Side Caesar Salad Assorted Fresh Fruit Or BBQ Chicken Garden Salad	Pulled BBQ Chicken on WG Bun or Grilled Chicken Sandwich Sweet Potato Puffs Cole Slaw Or Chopped Chef salad W/ Egg	Pepperoni Pizza Or Buffalo Chicken Flatbread Potato Wedges Corn and Tomatoes Fresh Peaches Or Chopped Kale Salad w/ Chicken, Apples, and Cranberries
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Beef Cheese Steak Or Baked Italian Cheese Sticks Potato Wedges Green Beans Glazed Carrots Assorted Fresh Fruit Or Chicken Caesar Salad w/WG	Buffalo Chicken Legs W/ WG Dinner Rolls Steamed Broccoli and Honey Glazed Carrots Or Turkey Flat Bread Sandwich Lettuce and Tomato Or Assorted Fresh Fruit	Ravioli Cacciatore Or Meatball Subs With Side Caesar Salad Zucchini and Tomatoes Assorted Fresh Fruit Assorted Milk Or BBQ Chicken Garden	Turkey Hotdog WG Bun With Potato Wedges Vegetarian Baked Beans Or Bacon Cheeseburger Or Chopped Chef Salad W/ Egg	
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Chicken and Waffles Roasted Potatoes Steamed Spinach Or Buffalo Chicken Flat Bread Sandwich Or Chopped Kale Salad w/Chicken, Apples, and Cranberries	General Tso Chicken Steamed Brown Rice Broccoli and Carrots Or Turkey Flat Bread Sandwich Lettuce and Tomato Or Turkey Garden Salad With Assorted Fresh Fruit Choice of Milk	Chicken Meatball Sub Baked Potato Wedges Mixed Green Salad Or Tuna Salad Sub With Lettuce and Tomato Or BBQ Chicken Garden Salad Assorted Fruit Assorted Milk	Sliced Turkey and Gravy Mashed Potatoes Green Beans Or Chicken Caesar Salad on Flat Bread Or Chopped Chef salad W/ Egg	Stuffed Crust Pizza Or Buffalo Chicken Flatbread Potato Wedges Corn and Tomatoes Fresh Peaches Or Chopped Kale Salad w/ Chicken, Apples, and Cranberries

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month

Sources: www.ncfarmtoschool.com, www.walkbiketoschool.org

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Nutrilink: www.walkbiketoschool.org

Menus for September 2017

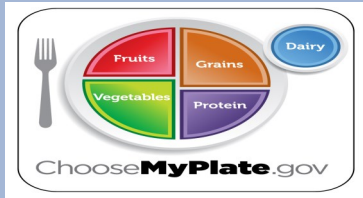
High School Breakfast

				Friday, September 1
				French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk	Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	Blueberry Pancake Sausage on a Stick Or Super Bun Or Assorted Cereal Colby Jack Cheese Stick With Assorted Fruit Apple Juice Assorted Milk	French Toast Sticks W/ Syrup Turkey Bacon Or Banana Bread Fruit Yogurt Or Assorted Cereal With Assorted Fruit Assorted Milk
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk	Sausage, Egg, and Cheese Bagel Or Banana Bread Fruit Yogurt Or Assorted Cereal Cheese Stick Assorted Fruit Assorted Milk	Cinnamon Pancake Sausage on a Stick Or Super Bun Or Assorted Cereal Colby Jack Cheese Stick With Assorted Fruit Apple Juice Assorted Milk	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Sausage, Egg, and Cheese Bagel Or Banana Bread Fruit Yogurt Or Assorted Cereal Cheese Stick Assorted Fruit Assorted Milk	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk	Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	Blueberry Pancake Sausage on a Stick Or Super Bun Or Assorted Cereal Colby Jack Cheese Stick With Assorted Fruit Apple Juice Assorted Milk	
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Bacon, Egg, and Cheese Sandwich on WG Biscuit Or Zucchini Bread Fruit Yogurt Or Assorted Cereal Fruit Yogurt Fruit Cups Assorted Milk	French Toast Sticks W/ Syrup Sausage Patty Or WG Muffin OR Assorted Cereal or Hardboiled Eggs (2) Assorted Fruit Assorted Milk	Sausage, Egg, and Cheese Bagel Or Banana Bread Fruit Yogurt Or Assorted Cereal Cheese Stick Assorted Fruit Assorted Milk	Cinnamon Pancake Sausage on a Stick Or Super Bun Or Assorted Cereal Colby Jack Cheese Stick With Assorted Fruit Apple Juice Assorted Milk	Mickey's Breakfast Pizza Or Super Donut Or Assorted Cereal Hard Boiled Eggs(2) With Assorted Fruit Apple Juice Assorted Milk

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month

Food Bytes



Team Nutrition provides MyPlate materials that are developed specifically for kids and their parents/caregivers. We also offer evidenced-based curricula that educators can use to integrate MyPlate lessons into core educational subjects, such as Math, English Language Arts, and Science.

Walk to School Day

Kids from communities around the world walk, bike or roll in a wheel chair to school on Walk to School Day. The 2017 event is scheduled for October 4.

How to Walk, Bike or Wheel to School?

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Nutrilink: www.walkbiketoschool.org

Menus for September 2017

High School Lunch

				Friday, September 1
				Chicken and Waffles Roasted Potatoes Steamed Spinach Or Buffalo Chicken Flat Bread Sandwich Or Chopped Kale Salad w/Chicken, Apples, and Cranberries
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
No School	General Tso Chicken Steamed Brown Rice Broccoli and Carrots Or Turkey Flat Bread Sandwich Lettuce and Tomato Or Turkey Garden Salad With Assorted Fresh Fruit Choice of Milk	Chicken Meatball Sub Baked Potato Wedges Mixed Green Salad Or Tuna Salad Sub With Lettuce and Tomato Or BBQ Chicken Garden Salad Assorted Fruit Assorted Milk	Sliced Turkey and Gravy Mashed Potatoes Green Beans Or Chicken Caesar Salad on Flat Bread Or Chopped Chef salad W/ Egg	Stuffed Crust Pizza Or Buffalo Chicken Flatbread Potato Wedges Corn and Tomatoes Fresh Peaches Or Chopped Kale Salad w/ Chicken, Apples, and Cranberries
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Bacon Cheeseburger Or Grilled Cheese Baked Potato Wedges Green Beans Assorted Fresh Fruit Or Chicken Caesar Salad w/WG Breadstick	Chicken and Rice Bowl With Gravy, Broccoli and Carrots ~ Tuna Salad On Flat Bread Lettuce and Tomato ~ Turkey Garden Salad Assorted Milk and Assorted Fresh Fruit	WG Penne Pasta and Meatsauce W/ Marinara Sauce Or Chicken Patty Parmesan Sandwich W/ Green Beans Side Caesar Salad Assorted Fresh Fruit Or BBQ Chicken Garden Salad	Pulled BBQ Chicken on WG Bun or Grilled Chicken Sandwich Sweet Potato Puffs Cole Slaw Or Chopped Chef salad W/ Egg	Pepperoni Pizza Or Buffalo Chicken Flatbread Potato Wedges Corn and Tomatoes Fresh Peaches Or Chopped Kale Salad w/ Chicken, Apples, and Cranberries
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Beef Cheese Steak Or Baked Italian Cheese Sticks Potato Wedges Green Beans Glazed Carrots Assorted Fresh Fruit Or Chicken Caesar Salad w/WG	Buffalo Chicken Legs W/ WG Dinner Rolls Steamed Broccoli and Honey Glazed Carrots Or Turkey Flat Bread Sandwich Lettuce and Tomato Or Assorted Fresh Fruit	Ravioli Cacciatore Or Meatball Subs With Side Caesar Salad Zucchini and Tomatoes Assorted Fresh Fruit Assorted Milk Or BBQ Chicken Garden	Turkey Hotdog WG Bun With Potato Wedges Vegetarian Baked Beans Or Bacon Cheeseburger Or Chopped Chef Salad W/ Egg	No School For Students
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Chicken and Waffles Roasted Potatoes Steamed Spinach Or Buffalo Chicken Flat Bread Sandwich Or Chopped Kale Salad w/Chicken, Apples, and Cranberries	General Tso Chicken Steamed Brown Rice Broccoli and Carrots Or Turkey Flat Bread Sandwich Lettuce and Tomato Or Turkey Garden Salad With Assorted Fresh Fruit Choice of Milk	Chicken Meatball Sub Baked Potato Wedges Mixed Green Salad Or Tuna Salad Sub With Lettuce and Tomato Or BBQ Chicken Garden Salad Assorted Fruit Assorted Milk	Sliced Turkey and Gravy Mashed Potatoes Green Beans Or Chicken Caesar Salad on Flat Bread Or Chopped Chef salad W/ Egg	Stuffed Crust Pizza Or Buffalo Chicken Flatbread Potato Wedges Corn and Tomatoes Fresh Peaches Or Chopped Kale Salad w/ Chicken, Apples, and Cranberries

September

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