



Menus for September 2017

Grace Community Schools

This institution is an equal opportunity provider and employer.



Eat Like a Blue Heron!

Do you see the Great Blue Heron lurking in this picture? Herons hang out motionless in shallow water until they can spear unsuspecting fish. In fact, the heron's diet is almost entirely seafood! Nutritionists say that we should eat seafood at least twice a week. How often do you eat like a Blue Heron?!



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

CHEW ON THIS.

Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, apples have recently been shown to improve digestion and digestive health. But be sure to eat the actual fruit -- applesauce and apple juice don't provide the same benefits.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!



Tuesday, September 5		Wednesday, Sept. 6		Thursday, Sept. 7		Friday, Sept. 8			
Breakfast Cereal, Granola Bar, Apple Slices & Milk	Breakfast Chocolate Chip Muffin Juice & Milk	Breakfast Cereal, Granola Bar, Peaches & Milk	Breakfast Cereal, Granola Bar, Peaches & Milk	Breakfast Cereal, Granola Bar, Peaches & Milk	Breakfast Cereal, Granola Bar, Peaches & Milk	Breakfast Cereal, Granola Bar, Peaches & Milk	Breakfast Cereal, Granola Bar, Peaches & Milk		
Lunch Sloppy Joe Sandwich, Mandarin Oranges, Salad & Sw. Potato Fries	Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk	Lunch Macaroni & Cheese and Garlic Toast, Banana, Carrot, Green Peas, and Milk	Lunch Macaroni & Cheese and Garlic Toast, Banana, Carrot, Green Peas, and Milk	Lunch Macaroni & Cheese and Garlic Toast, Banana, Carrot, Green Peas, and Milk	Lunch Macaroni & Cheese and Garlic Toast, Banana, Carrot, Green Peas, and Milk	Lunch Macaroni & Cheese and Garlic Toast, Banana, Carrot, Green Peas, and Milk	Lunch Macaroni & Cheese and Garlic Toast, Banana, Carrot, Green Peas, and Milk		
Snack Cheetos & Juice	Snack Graham Crackers & Juice	Snack Bagel & Juice	Snack Bagel & Juice	Snack Bagel & Juice	Snack Bagel & Juice	Snack Bagel & Juice	Snack Bagel & Juice		
Monday, Sept. 11		Tuesday, Sept. 12		Wednesday, Sept. 13		Thursday, Sept. 14		Friday, Sept. 15	
Breakfast Biscuit, Grapes & Milk	Breakfast French Toast Sticks, Banana & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk
Lunch Hot Dog, Pears, Corn, Refried Beans, & Milk	Lunch Turkey & Cheese Sandwich, Cheese Stick, Peaches, Sw. Potato Fries, Salad, and Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk
Snack Animal Crackers & Juice	Snack Pretzels & Juice	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water
Monday, Sept. 18		Tuesday, Sept. 19		Wednesday, Sept. 20		Thursday, Sept. 21		Friday, Sept. 22	
Breakfast Bagel, Pears, Juice & Milk	Breakfast Cereal, Granola Sticks, Banana & Milk	Breakfast Chocolate Chip Muffin Juice & Milk	Breakfast Chocolate Chip Muffin Juice & Milk	Breakfast Chocolate Chip Muffin Juice & Milk	Breakfast Chocolate Chip Muffin Juice & Milk	Breakfast Chocolate Chip Muffin Juice & Milk	Breakfast Chocolate Chip Muffin Juice & Milk	Breakfast Chocolate Chip Muffin Juice & Milk	Breakfast Chocolate Chip Muffin Juice & Milk
Lunch Cheese Pizza, Salad, Grapes, and Corn with Milk	Lunch Sloppy Joe Sandwich, Mandarin Oranges, Salad & Sw. Potato Fries	Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk	Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk	Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk	Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk	Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk	Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk	Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk	Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk
Snack Animal Crackers & Juice	Snack Cheetos & Juice	Snack Graham Crackers & Juice	Snack Graham Crackers & Juice	Snack Graham Crackers & Juice	Snack Graham Crackers & Juice	Snack Graham Crackers & Juice	Snack Graham Crackers & Juice	Snack Graham Crackers & Juice	Snack Graham Crackers & Juice
Monday, Sept. 25		Tuesday, Sept. 26		Wednesday, Sept. 27		Thursday, Sept. 28		Friday, Sept. 29	
Breakfast Biscuit, Grapes & Milk	Breakfast French Toast Sticks, Banana & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk	Breakfast Cereal, Applesauce, Juice & Milk
Lunch Hot Dog, Pears, Corn, Refried Beans, & Milk	Lunch Turkey & Cheese Sandwich, Cheese Stick, Peaches, Sw. Potato Fries, Salad, and Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk	Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots & Milk
Snack Animal Crackers & Juice	Snack Pretzels & Juice	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water	Snack Tostitos w/ Cheese & Water

Friday, September 1
Breakfast Waffle Banana, & Milk
Lunch Tacos, Peaches, Onion, Black Beans and Milk
Snack Cookies & Milk