SEPTEMBE

Callier Child Development





B-Toast, Cheese, Mango, jell butter. Milk L-Cheese Pizza. Green Beans. Pineapple, Milk S-Watermelon Chunks

B-Rice Chex, Toast, Banana, ielly, butter, Milk L-Beef Spaghetti, Carrots, fresh Pears, Bread, Milk S-Cheddar Chex Mix

B-Pancakes, Turkey Sausage, Baked Apples, syrup, butter, Milk L-BBQ Chopped Chicken on bun, Black eye peas, Apricots, Milk S- Avocado w/crackers 3.

B-Corn Chex, Toast, jelly, Strawberries, butter, Milk L-Turkey & Cheese Sub, raw Broccoli w/ranch, Apple, Milk S-Banana

LABOR DAY CALLIER CLOSED

butter, Applesauce, Milk L-Toasted Cheese, Carrots, Peaches, Milk S- Graham Crackers

B-KIX Cereal, Toast, jelly,

8.

B-Egg Omelet, Toast, Oranges butter, jelly, Milk L-Meatballs, Green Beans, fresh Pears, Roll, Milk S- Broccoli Bites w/ranch

B-Biscuit, Turkey Sausage, Apricots, butter, syrup, Milk L-Chicken Fajita, Pinto Beans, Pineapple, Milk 10. S-Cantaloupe Cubes

B-Cheerios, Toast, Bananas butter, jelly, Milk L-Hamburgers, Tater Tots, ketchup, Mixed Fruit, Milk S-Yogurt

11.

18.

B-Rice Chex, Toast, Strawberries butter, jelly, Milk

L-Cheese Pizza. Romaine lettuce & Tomato, Peaches, Milk S- Teddy Grahams

14.

B-Waffles, Turkey Sausage, Baked Apples, syrup, butter, Milk

L-Soft Beef Taco, Pinto Beans, Cantaloupe, Milk S-Cauliflower bites w/ranch

15.

B- Corn Chex, Toast, Mangos, butter, jelly, Milk

L-Sweet + Sour Chicken w/rice Green Beans, fresh pears, Milk, Roll S- Watermelon Chunks 16.

B-Toast, Cheese, Bananas, jelly, B-Turkey Sausage, Toast, butter, Milk Oranges, butter, jelly, Milk L-Turkey Taco Burger, Corn, L-Fish Shapes, Sweet Potato Pineapple, Milk Fries, Mixed Fruit, Roll, Milk 17.

S-Goldfish

B-Cheerios, Toast, butter, jelly, Peaches, Milk L-Toasted Cheese, Green

Beans, Oranges, Milk 21. S-Animal Crackers

B-French Toast, Mango, Turkey Sausage, butter, syrup, Milk L-Salisbury Steak Sandwhich, Mash Potatoes, Pineapples, Roll, Milk S-Cucumber slices w/ranch

B- Egg Patties, Toast, butter, jelly, Applesauce, Milk L-Chicken Alfredo, steamed Broccoli, Mixed Fruit, Roll, Milk 23. S- fresh Pears

B-Rice Chex, Toast, Bananas, Butter, Jelly, Milk L-Meatloaf, Black-eye peas, Watermelon, Roll, Milk 24. S-Cheese Nips

S-Apples

B-Pancakes, Turkey Sausage, Strawberries, butter, syrup, Milk L -Chicken nuggets, Sweet Potato fries, Apricots, Roll, Milk 25. S-Oranges

B-Corn Chex, Toast, jelly, butter, Oranges, Milk L-Cheese Pizza, steamed

Broccoli, Peaches, Milk S-Graham Crackers

B-Biscuits, Turkey Sausage, jelly Baked Apples, butter, Milk L-Beef Soft Tacos, Corn. Pineapple, Milk 29.

S-Avocado w/crackers

B-KIX Cereal, Toast, Pears, jelly, butter. Milk

L-Chicken Fajitas, Black Beans, Milk, Apricots, Milk

30. S- Cantaloupe Cubes

Special Announcements:

Veggie Beef Patties or Veggie Taco meat/crumbles will be substituted for Beef Items; Veggie Chicken Wings will be substituted for Chicken items. Cheese Quesadilla or Toasted Cheese for other non-meat items

Grains are 50% whole Grain or more. Milk Choices: Whole, skim, or Fat-Free



Food and Nutrition Division

28.

National School Lunch Program and School Breakfast Program







MARTIAN MELONS



Mars is the fourth planet from the sun and it gets its name from a mythological figure - the Roman god of war. Mars is sometimes called the Red Planet because of the brownish-red color of its surface. Of all the planets in our solar system (besides Earth), Mars is one of the planets most likely to support life. New space missions are planned for the next decade to increase our understanding of Mars. The science and technology developed through Mars exploration may someday allow humans to visit the Red Planet.

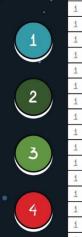
COLOR BY NUMBERS

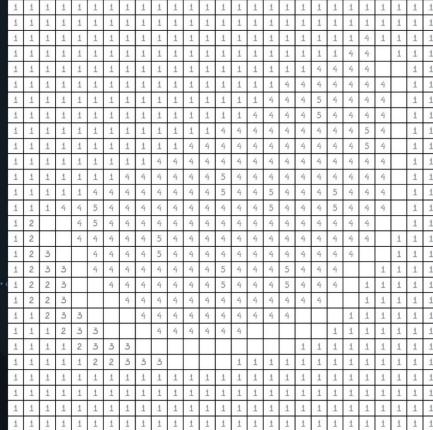


DID YOU KNOW?

Watermelon has a smooth hard rind, usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink, but sometimes orange, yellow, or white. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and watermelons are now grown in 96 countries worldwide.

Watermelons are mostly water — about 92% — and are a very good source of vitamin A and vitamin C. Vitamin C supports maintenance of collagen, protects against infection and helps in iron absorption. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.









This product was funded by USDA.
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