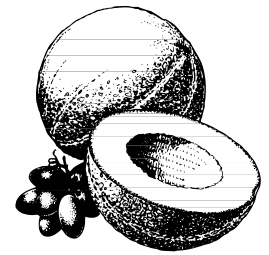


Cantaloupe



DID YOU KNOW:

Cantaloupes are named for the papal gardens of Cantalupo, Italy, where some historians say this species of melon was first grown.

NUTRITION BENEFITS:

Fat free, saturated fat free, very low sodium, cholesterol free, high in Vitamin A, high in Vitamin C and good source of Folate.



Nutrition Facts	
Serving Size 1/4 medium melon (134g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 120%	Vitamin C 80%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 Biscuit Sandwich or Cereal & Toast Fresh Fruit & Juice Milk ----- Corn Dog Green Beans Peaches Milk	5 Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Juice Milk ----- BBQ Chicken Slugger Hot Roll Glazed Carrots Grapes Milk	6 Biscuit & Gravy or Cereal & Toast Fresh Fruit & Juice Milk ----- Beef Tacos Shredded Lettuce & Cheese Apple Milk	7 Long John Donut & Toast or Cereal & Toast Fresh Fruit & Juice Milk ----- Choice of Pizza Romaine Salad Watermelon Milk
10 Homemade Burrito & Toast or Cereal & Toast Fresh Fruit & Juice Milk ----- Mozzarella Sticks Marinara Sauce Peas Pears Milk	11 Pancakes Sausage Stick or Cereal & Toast Fresh Fruit & Juice Milk ----- Ravioli Smile Fries Melon Balls Milk	12 Croissant Sandwich or Cereal & Toast Fresh Fruit & Juice Milk ----- Chicken Nuggets Mini Biscuit Baked Beans Blueberries Milk	13 Tornado & Toast or Cereal & Toast Fresh Fruit & Juice Milk ----- Lasagna Garden Salad Corn Strawberries Milk	14 Mini Donuts & Toast or Cereal & Toast Fresh Fruit & Juice Milk ----- Choice of Pizza Carrots Banana Milk

Available Daily for Lunch

- Garden Bar
- PB & J Sandwich w/Cheese Stick
- Chef Salad w/Crackers
- Deli Ham Sandwich

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Milk Served Daily

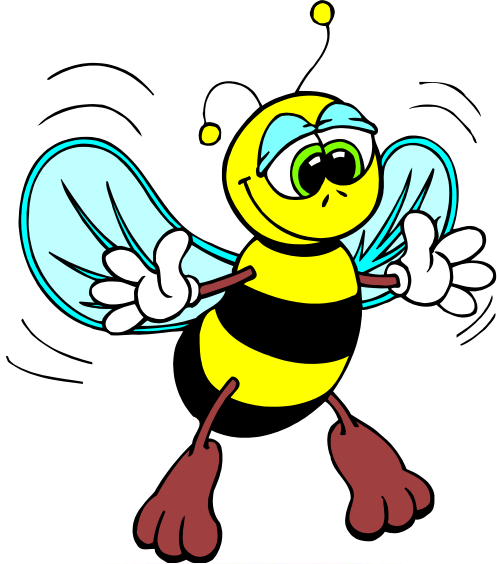
- Skim Milk
- 1% Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk

September

ELEMENTARY MENU
2018



THEY KEEP BUZZING
ABOUT FRUITS AND
VEGETABLES



Monday	Tuesday	Wednesday	Thursday	Friday
17 Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Juice Milk ----- Fish Sandwich Broccoli w/Cheese Pineapple Milk Chip w/Meal	18 Tornado & Toast or Cereal & Toast Fresh Fruit & Juice Milk Brunch Lunch Mini Pancakes & Syrup Sausage Links Hash Browns Apple Wedges Milk	19 Biscuit Sandwich or Cereal & Toast Fresh Fruit & Juice Milk ----- Chicken Tacos Shredded Lettuce & Cheese Red Beans/Rice Orange Wedges Milk	20 Biscuit & Gravy or Cereal & Toast Fresh Fruit & Juice Milk ----- Meatloaf/Hot Roll Mashed Potatoes/Gravy Corn Grapes Milk	21 Cinnamon Biscuit or Cereal & Toast Fresh Fruit & Juice Milk ----- Pepperoni/Cheese Bosco Breadstick Carrots/Celery w/Dip Pears Milk
24 Homemade Burrito & Toast or Cereal & Toast Fresh Fruit & Juice Milk ----- Hot Dog Baked Beans Pears Milk	25 Mini Waffles & Syrup or Cereal & Toast Fresh Fruit & Juice Milk ----- Nacho Bites Carrots w/Dip Strawberries Milk	26 Early Release Breakfast Sandwich or Cereal & Toast Fresh Fruit & Juice Milk ----- Chicken Pattie Tomato/Cucumber Salad Grapes Milk	27 Tornado & Toast or Cereal & Toast Fresh Fruit & Juice Milk ----- Spaghetti Garlic Toast Garden Salad Fruit Salad Milk	28 Long John Donut & Toast or Cereal & Toast Fresh Fruit & Juice Milk ----- Pepperoni/Cheese Bosco Breadstick Green Beans Peaches Milk

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- Fat Free Chocolate Milk