SUBJECT TO CHANGE WITHOUT NOTICE

**GET HEALTHY**

**AND**

**GET MOVING**

**EAT HEALTHY**

Garden-Helps to keep you active and grow healthy foods at the same time!

The foods we eat affect our health, bodies and minds; eating healthy means filling half our plates with fruits and vegetables.

Fill your plate with the five food groups that are the basis for a healthy diet: Fruits, vegetables, grains, lean protein foods, and dairy.

A good tip to follow is to fill half your plate with colorful fruits and vegetables.

**GET ACTIVE**

Walk to nearby places like school, work, and the grocery store.

Dance with our families after dinner. ​​

Play a game of soccer with our friends.

Being active everyday helps you stay healthy and helps your energy level.

**TAKE ACTION**

Lower stress and help you relax.

Helps you get to and keep a healthy body weight.

Lower your risk of serious health problems like obesity, type 2 diabetes, heart disease, and some types of cancer.

Helps build and keep your bones, muscles, and joints healthy.

Helps you focus better at work and helps your child focus better at school.



HARVEST OF THE MONTH

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Fruit: Apples

Vegetable:

Sweet Potato

Featured produce items are available year round.

Other fruits and vegetables available during the autumn season are:

Kiwi Fruit

Oranges

Peaches

Plums

Pomegranates

Raspberries

Strawberries

Nectarines

Avocados

Bok Choy

Beets

Jicama

Radishes

Tomatoes





LUNCH MENU - SEPTEMBER 2017

**SPRINGVILLE UNION SCHOOL DISTRICT**

**HOME OF THE SPARTANS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | Related image |  |  | 1Grilled Cheese SandwichRomaine, Spinach, Tomato Salad with DressingDiced PeachesPatriotic Cookie |
| 4NO SCHOOLLABOR DAYHOLIDAY | 5Chicken NuggetsBroccoli Florets with Ranch DipSmiley Fries with KetchupBanana | 6Bean & Cheese BurritoCelery SticksPeanut butterPlum | 7\*Hamburger with MayoLettuce, Pickles, TomatoesCrinkle Fries & KetchupSliced Cinnamon Apples | 8# Sausage Pizza SquareCorn on the CobPretzels & Garbanzo BeansFruit Cocktail |
| 11Whole Grain WafflesMaple SyrupTater CirclesKetchupBanana | 12\*Beef Taco SaladCheese, Lettuce, SalsaCorn ChipsPinto BeansApplesauce | 13Fish BitesSteamed VegetablesBrown RiceOrange Wedges | 14# Ham & Cheese WrapLettuce, TomatoesRanch Dip Nectarine | 15Cheesy BreadsticksBaked BroccoliRanch DipGraham CrackerRed Apple |
| 18Chicken Strips Soft BreadstickSteak Pub FriesKetchup & Ranch DipCarrots & Celery SticksFuji Apple | 19Corn DogCauliflower FloretsRanch DipVanilla Bear GrahamDiced Peaches | 20Grilled Cheese SandwichTater Barrels with KetchupBaby CarrotsPeanut butterPlum | 21NachosCheese Sauce & \* BeefShredded LettuceSalsaRefried BeansApple Churro | 22Pepperoni PizzaTossed Garden Salad with Ranch DressingDiced Pears |
| 25# Pancake & Sausage BitesMaple SyrupWaffle Fries with KetchupCucumber CoinsFruit Medley | 26Pasta with Marinara & \* Meat SauceTossed Salad with Raspberry DressingBreadstickDiced Pears | 27\*CheeseburgerLettuce, Pickles, TomatoBaked BeansPub Steak friesChocolate Bear GrahamPeach | 28Oven Fried ChickenSweet PotatoesPeas & CarrotsHot RollApplesauce | 29Mozzarella Cheese StickSports Graham CrackerCelery & CarrotsRanch DipRaisels |

CHOICE OF 1% UNFLAVORED OR NONFAT MILK SERVED DAILY

ALL DIPS, DRESSINGS, AND SAUCES ARE LOW FAT. CONDIMENTS WILL BE SERVED WITH APPROPRIATE MENU ITEMS.

ALL BREADS AND PASTAS ARE WHOLE GRAIN. \*CONTAINS BEEF MEAT #CONTAINS PORK MEAT

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