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 |  |  | 1  Grilled Cheese Sandwich  Romaine, Spinach, Tomato Salad with Dressing  Diced Peaches  Patriotic Cookie |
| 4  NO SCHOOL  LABOR DAY  HOLIDAY | 5  Chicken Nuggets  Broccoli Florets with Ranch Dip  Smiley Fries with Ketchup  Banana | 6  Bean & Cheese Burrito  Celery Sticks  Peanut butter  Plum | 7  \*Hamburger with Mayo  Lettuce, Pickles, Tomatoes  Crinkle Fries & Ketchup  Sliced Cinnamon Apples | 8  # Sausage Pizza Square  Corn on the Cob  Pretzels & Garbanzo Beans  Fruit Cocktail |
| 11  Whole Grain Waffles  Maple Syrup  Tater Circles  Ketchup  Banana | 12  \*Beef Taco Salad  Cheese, Lettuce, Salsa  Corn Chips  Pinto Beans  Applesauce | 13  Fish Bites  Steamed Vegetables  Brown Rice  Orange Wedges | 14  # Ham & Cheese Wrap  Lettuce, Tomatoes  Ranch Dip  Nectarine | 15  Cheesy Breadsticks  Baked Broccoli  Ranch Dip  Graham Cracker  Red Apple |
| 18  Chicken Strips  Soft Breadstick  Steak Pub Fries  Ketchup & Ranch Dip  Carrots & Celery Sticks  Fuji Apple | 19  Corn Dog  Cauliflower Florets  Ranch Dip  Vanilla Bear Graham  Diced Peaches | 20  Grilled Cheese Sandwich  Tater Barrels with Ketchup  Baby Carrots  Peanut butter  Plum | 21  Nachos  Cheese Sauce & \* Beef  Shredded Lettuce  Salsa  Refried Beans  Apple Churro | 22  Pepperoni Pizza  Tossed Garden Salad with Ranch Dressing  Diced Pears |
| 25  # Pancake & Sausage Bites  Maple Syrup  Waffle Fries with Ketchup  Cucumber Coins  Fruit Medley | 26  Pasta with Marinara &  \* Meat Sauce  Tossed Salad with Raspberry Dressing  Breadstick  Diced Pears | 27  \*Cheeseburger  Lettuce, Pickles, Tomato  Baked Beans  Pub Steak fries  Chocolate Bear Graham  Peach | 28  Oven Fried Chicken  Sweet Potatoes  Peas & Carrots  Hot Roll  Applesauce | 29  Mozzarella Cheese Stick  Sports Graham Cracker  Celery & Carrots  Ranch Dip  Raisels |

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

The USDA and S.U.S.D. are equal opportunity providers and employers.