

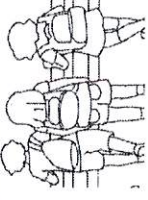



SPRINGVILLE UNION SCHOOL DISTRICT

HOME OF THE SPARTANS

LUNCH MENU - SEPTEMBER 2018

SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 NO SCHOOL LABOR DAY HOLIDAY	 4 Chicken Nuggets Celery Sticks Broccoli Florets Ranch Dressing Oven Fries with Ketchup Diced Peaches	 5 Bean & Cheese Burrito salsa Steamed Corn & Red Bell Peppers Orange Wedges	 6 *Hamburger with Mayo Lettuce, Pickles, Tomatoes Crinkle Fries & Ketchup White Beans Cinnamon Apples	TRY A DAY FRIDAY: Try something new and different; tell Mrs. Medina what you thought. 7 Pepperoni Pizza Carrots & Cauliflower Hummus Dip Pretzels Fruit Cocktail
10 Breakfast Vegan Patty Whole Grain Waffle Maple Syrup Carrot & Parsnip Fries Banana	11 *Crunchy Beef Taco lettuce, cheese, salsa Steamed Corn Refried beans Diced Peaches	12 Fish Sandwich Steamed Vegetables Zucchini Sticks Brown Rice Orange Wedges	13 # Ham & Cheese Wrap Lettuce, Tomatoes Sweet Potatoes Ranch Dip Diced Peas	14 Cheesy Breadsticks Broccoli & Carrots Ranch Dip Graham Cracker Red Apple
17 Chicken Strips Steak Fries Ketchup & Ranch Dip Carrots & Celery Sticks Diced Peas	18 Corn Dog Carrots & Cauliflower Ranch Dip Vanilla Bear Graham Orange Wedges	19 Ham & Cheese Sandwich Tater Coins with Ketchup Baby Carrots Peanut butter Red Apple	20 *Beef Nachos Cheese Sauce Shredded Lettuce Salsa & Guacamole Refried Beans Diced Peaches	21 Pepperoni Pizza Tossed Garden Salad Ranch Dressing Corn on the Cob Ch Sports graham Fruit Medley
24 #Sausage Pancake Wrap Vanilla Bear Graham Carrots & Celery Sticks Fruit Medley	25 *Pasta with Meat Sauce Tossed Salad with Ranch Dressing Steamed Corn Breadstick Diced Peas	26 *Cheeseburger with Special Sauce Lettuce, Pickles, Tomato Baked Beans Crinkle Fries Chocolate Bear Graham	27 Oven Fried Chicken Mashed Potatoes & Gravy Peas & Carrots Hot Roll Applesauce	28 Mozzarella Cheese Stick Sports Graham Cracker Broccoli & Celery Sticks Ranch Dip Raisels

HARVEST OF THE MONTH

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



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.

CHOICE OF 1% UNFLAVORED OR NONFAT MILK SERVED DAILY
 ALL DIPS, DRESSINGS, AND SAUCES ARE LOW FAT. COMMENTS WILL BE SERVED WITH APPROPRIATE MENU ITEMS.
 ALL BREADS AND PASTAS ARE WHOLE GRAIN. *CONTAINS BEEF MEAT #CONTAINS PORK MEAT
 The U.S.D.A. and S.U.S.D. are equal opportunity providers.