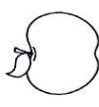
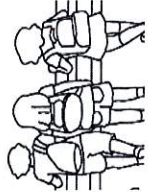


SPRINGVILLE UNION SCHOOL DISTRICT HOME OF THE SPARTANS

LUNCH MENU – SEPTEMBER 2020

SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Breakfast Patty Whole Grain Pancakes Maple Syrup Banana	1 Chicken Nuggets Carrots & Celery Ranch Dressing Ketchup Diced Peaches	2 Bean & Cheese Burrito Salsa Steamed Corn & Peas Orange Wedges	3 Creamed Chicken over Mashed Potatoes Green Beans Red Bell Peppers Apple	4 Pepperoni Pizza Broccoli & Carrots Hummus Dip Fruit Cocktail
7 NO SCHOOL LABOR DAY HOLIDAY	8 *Crunchy Beef Taco Corn & Tomato Salad Shredded cheese Refried Beans Diced Peaches	9 Fish Sticks Steamed Vegetables Red Bell Peppers Brown Rice Orange Wedges	10 # Ham & Cheese Wrap Lettuce, Tomatoes Ranch Dip Diced Peas	11 Cheese Pizza Corn Ranch Dip Graham Cracker Apple
14 Chicken Strips Ketchup & Ranch Dip Carrots & Celery Sticks Graham Cracker Diced Peas	15 Corn Dog Veggie Pasta Salad Broccoli Orange Wedges	16 Grilled Cheese Sandwich Green Beans Sweet Potatoes Red Apple	17 *Beef Nachos Shredded Lettuce Guacamole Refried Beans Diced Peaches	18 Pepperoni Pizza Rom Tom & Spinach Salad Ranch Dressing Fruit Medley
21 #Sausage Pancake Wrap Graham Carrots & Celery Sticks Ranch Dressing Diced Peaches	22 * Pasta with Meat Sauce Steamed Corn Breadstick Orange Wedges	23 *Cheeseburger Special Sauce Rom Tom Salad Baked Beans Banana	24 Oven Fried Chicken Mashed Potatoes & Gravy Peas & Carrots Hot Roll Apple	25 Mozzarella Cheese Stick Graham Cracker Broccoli Slaw Raisels
28 Manager's Choice 	29 Soft Turkey Taco Cheese, Lettuce, Tomatoes, Ranch Fresh Apple	30 # Sausage & Pancake Maple Syrup Waffle Fries Graham Orange		

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