

# — WELCOME — BACK TO SCHOOL

# 2017



Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>NO CLASS</b>	3 Classy Cheeseburger Romaine Mix Steamed Broccoli Tasty tots Ketchup Fruit variety Choice of milk	4 Nachos with ground Turkey Veggie Black Beans Corn Niblets Dinner Roll Fruit variety Choice of milk	5 Spaghetti & Meatballs Green beans Dinner Roll Fruit variety Choice of milk	6 Cheese pizza Mix Salad Baby carrots Chocolate Chip Cookie Ranch dressing Fruit variety Choice of milk
9 Turkey Dog Veggie Baked Beans Tasty Tots Pickles Cheez Its Ketchup Mustard Fruit variety Choice of Milk	10 Chicken Sandwich Mashed potatoes Mixed Veggies Ketchup Fruit variety Choice of milk	11 Mac & Cheese w/ Chicken Carrot Coins Steamed Broccoli Dinner Roll Fruit variety Choice of milk	12 Yummy Tacos Corn Niblets Refried Beans Spanish Rice Dinner Roll Fruit variety Choice of milk	13 Cheese pizza Mixed Salad Baby carrots Ranch dressing Fruit variety Choice of milk
16 <b>NO SCHOOL</b> <i>I Have A Dream</i>  Martin Luther King, Jr. Day	17 Burger & Fries Veggie Black Beans Mixed Salad Ketchup Fruit variety Choice of milk	18 Chicken Nuggets Mixed Veggies Mashed Potatoes Dinner Roll Ketchup Fruit variety Choice of Milk	19 Pasta & Meat sauce Tasty Tots Veggie Baked Beans Dinner Roll Fruit variety Choice of milk	20 Cheese pizza Mixed Salad Baby carrots Ranch dressing Fruit variety Choice of milk
23 Meatball Sub Veggie Baked Beans Fries Fruit variety Choice of milk	24 Classy Cheeseburger Romaine Mix Steamed Broccoli Tasty tots Ketchup Fruit variety Choice of milk	25 Nachos with ground Turkey Veggie Black Beans Corn Niblets Dinner Roll Fruit variety Choice of milk	26 Spaghetti & Meatballs Green beans Dinner Roll Fruit variety Choice of milk	27 Cheese pizza Mix Salad Baby carrots Chocolate Chip Cookie Ranch dressing Fruit variety Choice of milk
30 Turkey Dog Veggie Baked Beans Tasty Tots Pickles Cheez Its Ketchup Mustard Fruit variety Choice of Milk	31 Chicken Sandwich Mashed potatoes Mixed Veggies Ketchup Fruit variety Choice of milk	<p>Make sure to take your milk, the choice is yours 1 % White or Fat Free Chocolate</p> <p><b>**Menu is Subject to change**</b></p>		

## powerUP Sweet Potatoes

powerup4kids.org

### Did you know?

- Sweet potatoes will fill you up naturally because of their super-high fiber content.
- This vegetable is exploding with immune-boosting, cancer-fighting goodness.
- It is an excellent source of Vitamin-C and nature's very best source of beta carotene.

### When to buy:

Sweet potatoes are freshly grown from the end of May to the middle of September in Minnesota.

### What to look for:

Sweet potatoes should all be a light-tan color, smooth and without any bruises, holes, or soft spots that stand out. They should be heavy to the touch.

### How to store?

They should be kept in a cool, dark, well-ventilated place. They will stay fresh for about 10 days.

### How to Prepare:

Sweet potatoes can be prepared many ways, a few healthy options include boiling and stir-frying!

Check out PowerUp's recipe for sweet potato fries for a sweet spin on your classic french fry. [www.powerup4kids.org](http://www.powerup4kids.org)

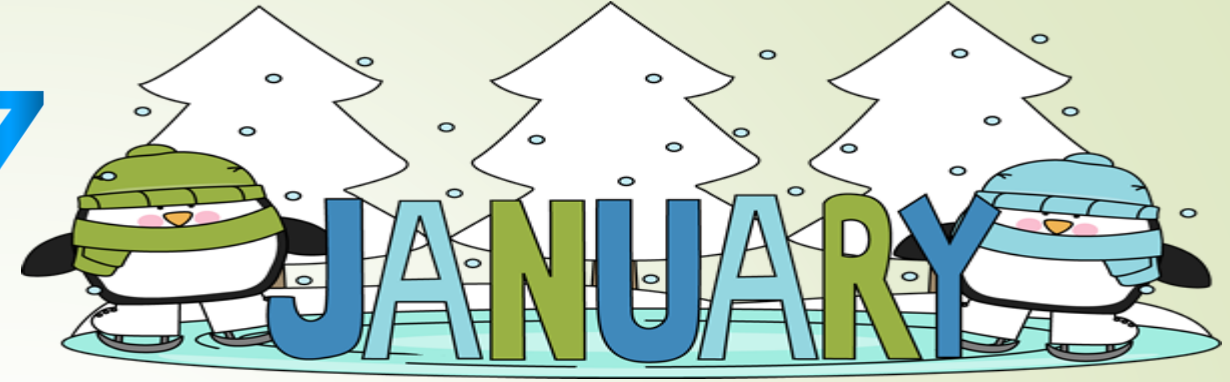
# 9-12



**Northwest Catering**

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K-8



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Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>NO CLASS</b>	3 Cereal Bar Chocolate Bear Grahams Fruit Variety Choice of Milk	4 Breakfast Donut Fruit Variety Choice of Milk	5 Assorted Cereal- Kid's Choice Double Chocolate Oatmeal Bar Fruit Variety Choice of Milk	6 Vanilla Graham Crackers Yogurt Cup Fruit Variety Choice of Milk
9 Bagel w/ Cream Cheese Fruit Variety Choice of Milk	10 Apple Jacks Bug Bites Fruit Variety Choice of Milk	11 Banana Muffin Cocoa Granola Bar Fruit Variety Choice of Milk	12 Breakfast Bun String Cheese Fruit Variety Choice of Milk	13 Apple Cinnamon Zac Bar Trix Cereal Fruit Variety Choice of Milk
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23 Bagel w/ Cream Cheese Fruit Variety Choice of Milk	24 Apple Jacks Bug Bites Fruit Variety Choice of Milk	25 Banana Muffin Cocoa Granola Bar Fruit Variety Choice of Milk	26 Breakfast Bun String Cheese Fruit Variety Choice of Milk	27 Apple Cinnamon Zac Bar Trix Cereal Fruit Variety Choice of Milk
30 Blueberry Muffin String Cheese Fruit Variety Choice of Milk	31 Cereal Bar Chocolate Bear Grahams Fruit Variety Choice of Milk	<p>Make sure to take your milk, the choice is yours 1 % White or Fat Free Chocolate</p> <p><b>**Menu is Subject to change**</b></p>		



**Northwest Catering**

## Help kids start the day off right!

Eating a healthy breakfast is important for everyone, especially kids! Breakfast provides the fuel children need for growing bodies and developing brains. Studies have proven that kids who eat breakfast perform better in school, have higher test scores, participate in class more often, and have better attendance records.

### Breakfast of Champions

- Kids like to follow the action of their parents, so be a role model and sit down to a healthy breakfast with your kids.
- Aim for three! Try to include at least three food groups at breakfast. Choose from whole grains, fruit, vegetable, dairy and protein food groups.
- Stock your kitchen with portable foods for hectic mornings: whole grain bread, granola bars, whole fruit, yogurt, and individual servings of low fat or fat free milk.
- Breakfast can be more than just boxed cereal! Think "outside the box" with meals such as a tortilla topped with peanut butter and jelly, then rolled around a whole banana and served with low fat or fat free milk. Or start off chilly mornings with whole grain waffles or pancakes topped with warm fruit preserves and a glass of low fat or fat free milk.

Breakfast



Check to see if your school has a breakfast program

School breakfasts can ensure a nutritious start to the school day! They are a helpful option for busy families or kids who don't feel hungry as soon as they wake up. Breakfasts are available to all students. Go to the Ohio Action for Healthy Kids website to learn more about breakfast programs in schools.

Ohio  
Action for Healthy Kids®  
[www.ohioactionforhealthykids.org](http://www.ohioactionforhealthykids.org)

Quick & Easy Breakfasts

Prepare breakfast the night before so it's ready to go on busy mornings!

- Make your own trail mix by combining ready-to-eat cereals, dried fruit, and nuts in sandwich bags. Enjoy with low fat milk or 100% juice.
- Add peaches to low fat cottage cheese and enjoy with a small whole-wheat bagel.
- Peanut butter and sliced bananas on whole-wheat toast.
- English muffin with low fat cheese and turkey sausage.
- Whole-wheat crackers, string cheese and 100% apple juice box.
- Mix natural applesauce into oatmeal; top with a dash of cinnamon.

3 / 2013