*Healthy tip of the month

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for: • **Some types of cancer** • **Heart disease** • **Type 2 diabetes** • **High blood pressure** • **Obesity**. We can make a difference by spreading the word about tips for healthy eating and encourage each other. Let use this month to raise awareness about the importance of getting enough fruits and vegetables. Some ideas are: • **Spread the word and support local agriculture**. • **Encourage families to make small changes**, like keeping fresh fruit or carrot sticks within easy reach.

Christa McAuliffe - Lunch Menu – September 2017

Milk is served with every lunch.

Menu subject to change.

Lunch $3.25

Breads/Buns are whole grain rich.

		Mon	Tue	Wed	Thu	Fri	Sat
	H					1 Cheese Pizza Sidekick Cucumbers Salad	2
3	F	4	5 Nachos Black Beans Lettuce Tomato Orange	6 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Oranges	**7** Chicken Alfredo Broccoli Salad Apple	8 Cheese Pizza Sidekick Cucumbers Salad	9
10	J	11 Grilled Ckn. Strips Rice Black Beans Lettuce / Tomato Plantain	12 Chicken wings Baked Beans Spiral Potato Mandarin Oranges	13 Ham Sub Fruit cup Salad Cucumbers	14 Chicken Alfredo Broccoli Salad Apple	15 Cheese Pizza Sidekick Fresh Carrots Salad	16
17	M	18 Cheeseburger Spiral Potato Lettuce Tomato Apple	19 Breaded Chicken Sandwich White Beans Potato Cubes Pineapple	20 Pasta with Meat Sauce Salad Hot Carrots Peaches	21 **School Closed**	22 Cheese Pizza Sidekick Cucumbers Salad	23
24	P	25 Breaded Steak Mashed Potatoes Broccoli Orange	26 Chicken Nuggets Spiral Potato Corn Peaches	27 Salisbury Steak Mashed Potato White beans Cucumber Applesauce	28 Pasta With Chicken Parmesan Salad Hot Carrots Apple	29 Cheese Pizza Sidekick Cucumbers Salad	30

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