

\*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.

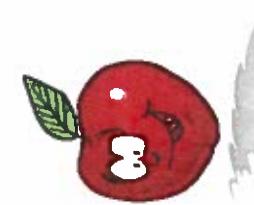
# Christa McAuliffe - Lunch Menu – September 2018

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.						
Menu subject to change.						
Lunch \$3.25	2 K	3	4 French Toast Sausage Potato Cubes Cucumbers Apple Juice / Syrup	5 Chicken Nuggets Mashed Potato White Beans Mandarin Orange	6 Chicken Alfredo Broccoli Salad Apple Roll	7 Cheese Pizza Cucumbers Salad Fresh Carrots Sidekick
	9 P	10	11 Meatloaf Mashed Potato Corn / Cucumbers Applesauce Hot Roll	12 Chicken Parmesan Hot Carrots Salad Apple	13 Breaded Steak Mashed Potato Broccoli Orange	14 Cheese Pizza Cucumbers Salad Sidekick
	16 A	17	18 Meatball Sub Tater Tots Hot Carrots Pineapple	19 Turkey Sub Fruit cup Salad Cucumbers	20 Chicken Alfredo Broccoli Salad Apple Roll	21 Cheese Pizza Cucumbers Salad Sidekick
	23 R	24	25 Cheeseburger Tater Tots Broccoli Apple	26 Hot Dog Mac & Cheese Hot Carrots Cucumbers Orange	27 Pasta w/ Meat Sauce Salad Applesauce Roll	28 Cheese Pizza Cucumbers Salad Sidekick
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Breads/Buns are whole grain rich.



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