

Harvest of the Month

Growing Healthy Students



TUNA APPLE SALAD

Ingredients:
(Makes 4 servings at 1/2 pita each)
2 (6-ounce) cans water packed tuna, drained

2 tablespoons minced red onion
1 apple, cored and chopped
1/4 cup chopped celery
1/4 cup raisins
3 tablespoons fat free Italian dressing
2 cups salad greens
2 pita breads, cut in half OR
4 slices whole wheat bread

1. In a small bowl, stir tuna, onion, apple, celery, raisins and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of tuna mixture and greens.

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Menu subject to change, due to availability	* Free breakfast & lunch for all students*		1 Bean & Cheese Burrito Nachos	2 Tuna Sandwich Turkey & Cheese Sandwich
5 NO SCHOOL	6 Spaghetti French Bread Pizza	7 Chicken Nuggets BBQ Chicken Sluggers	8 Pizza Pocket Popcorn Chicken	9 Chili Dog RibBQue
12 Cheeseburger Corndog	13 Beef Fingers Chicken Nuggets	14 Papa John's Pizza	15 Chicken Fajitas Bean & Cheese Burrito	16 Grilled Cheese Chicken Tortilla Soup
19 Hot Dog BBQ Chicken	20 Cheeseburger Chicken Tenders	21 Chicken Patty on a Bun Corndog	22 Chili Beans Popcorn Chicken	23 Chalupa Tamal
26 Taqitos Cheese Enchiladas	27 Chicken Alfredo Cheesy Breadsticks	28 Papa John's Pizza	29 Orange Chicken Teriyaki Nuggets	30 Cook's Choice

Lunch includes a choice of :

- ◆ Entree
- ◆ Milk (1%white or nonfat chocolate)
- ◆ 100% Juice
- ◆ Seasonal Fruit & Vegetables from the

Following available for Breakfast:

Daily special
100% juice and fruit

Breakfast Specials

Lunch offered includes 5 components:

1. Grain/Bread
2. Meat/Meat Alternate
3. Fruit
4. Vegetable
5. Milk

You must take 3 of the 5 items . One of these needs to be 1/2 cup of fruit or vegetables.

HELPING YOUR KIDS EAT HEALTHY

Bean & Cheese Burrito	Cereal & Oatmeal Bar	Bagel & Cream Cheese	Yogurt & Granola	Cereal & Nutri Grain Bar
Cereal	French Toast Sticks	Peanut Butter & Jelly	Pancake Sausage on a Stick	Muffin

- Dip apple slices in calcium-rich lowfat yogurt or protein-filled peanut butter.
- Freeze 100 percent apple juice in an ice tray or in a paper cup with a popsicle stick and serve for dessert.

- Use applesauce to make reduced-fat baked goods. Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.