

Menus for September 2011

This institution is an equal opportunity provider.

CALHOUN PRE-K

Thursday, Sept. 1

BREAKFAST

Cereal
w/ Cheese Toast
Fruit
Milk

LUNCH

Crunchy Taco
w/ Cheese
Lettuce/Tomato
Refried Beans
Corn
Fruit

Friday, Sept. 2

BREAKFAST

Pop Tart
Banana
Milk

LUNCH

Hot Dog
Oven Baked Fries
Baked Beans
Baby Carrots w/
Dip
Fruit/Milk

MODERATION.

We've been telling you all about the new MyPlate graphic and filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget – the SIZE of the plate and the AMOUNT of food you put on it matters, too. Enjoy what you eat, but don't overdo it.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, Sept. 5



No School

Tuesday, Sept. 6

BREAKFAST

Cereal w/ Toast
Fruit
Milk

LUNCH

Spaghetti
Texas Toast
Corn
Tossed Salad
Fruit
Milk

Wednesday, Sept. 7

BREAKFAST

Mini Pancakes
Sausage
Milk

LUNCH

Steak Fingers
Mashed Potatoes
Green Peas
WW Roll
Fruit
Milk

Thursday, Sept. 8

BREAKFAST

WW Honey Bun
Fruit
Milk

LUNCH

Hamburger
Baked Beans
Cole Slaw
Lettuce/Tomato/
Cheese/Pickles
Fruit

Friday, Sept. 9

BREAKFAST

Cereal with
Cheese Toast
Fruit
Milk

LUNCH

Chicken Nuggets
Steamed Broccoli
Mashed Potatoes
WW Roll
Fruit
Milk

Monday, Sept. 12

BREAKFAST

Cereal
with Toast
Fruit
Milk
LUNCH
Chicken Sandwich
Sun Chips
Carrots w/ Dip
Lettuce/Tomato/
Pickles
Fruit

Tuesday, Sept. 13

BREAKFAST

Sausage Biscuit
Juice
Milk
LUNCH
BBQ on a Bun
Oven Baked Fries
Baby Carrots & Dip
Fruit
Milk

Wednesday, Sept. 14

BREAKFAST

SUPER
DOUGHNUT
Fruit
Milk

LUNCH

Pizza
Corn
Tossed Salad
Fruit
Milk

Thursday, Sept. 15

BREAKFAST

Cereal
w/ Cheese Toast
Milk

LUNCH

Deli Sandwich
w/Chips
Carrot Sticks with
Dip
Fruit
Milk

Friday, Sept. 16

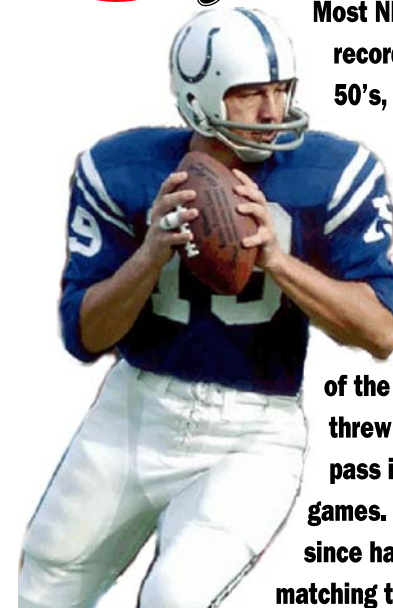
BREAKFAST

Ham Biscuit
Juice
Milk

LUNCH

Yogurt Plate
With Muffin, String
Cheese and Fruit
Milk

PORTRAITS OF SPECTACULAR Athletes



Most NFL quarterback records set in the 50's, 60's, and 70's have long ago been broken. But one still stands. From 1956 to 1960, Johnny Unitas of the Baltimore Colts threw a touchdown pass in 47 straight games. No quarterback since has come close to matching that streak.

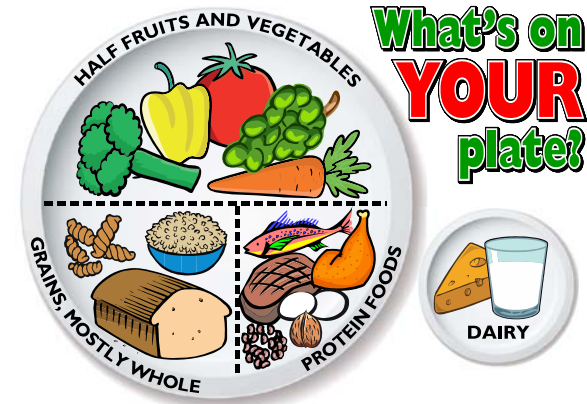
JOHNNY UNITAS



NOW SERVING: Protein, Calcium . . . and FIBER!?

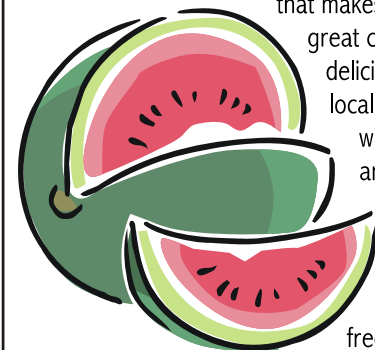
Flavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes just 14 g of added sugar – that’s about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.

No wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids – and a fairly minimal source of sugar and calories.



How come watermelon is such a great choice?

The MyPlate graphic advises us to make half of each meal fruits and vegetables – and that’s one of the things that makes watermelon such a great choice! It’s not only delicious, and often locally-grown, and loaded with vitamins A and C and potassium, but watermelon also fills up your plate! And all for just 40 fat-free and salt-free calories per cup!



Learn more at www.CHOOSEMYPLATE.gov or www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119

Monday, Sept. 19

BREAKFAST
Cereal w/ Toast
Fruit
Milk

LUNCH
Pizza Dippers
Corn
Tossed Salad
Fruit
Milk

Tuesday, Sept. 20

BREAKFAST
Breakfast Pizza
Fruit
Milk

LUNCH
Corn Dog
Tater Smiles
Veggie Medley w/ Dip
Fruit
Milk

Wednesday, Sept. 21

BREAKFAST
Blueberry Muffin
Fruit
Milk

LUNCH
Nachos w/ Beef & Cheese
Spanish Rice
Lettuce/Tomato
Corn
Fruit

Thursday, Sept. 22

BREAKFAST
Cereal w/ Cheese
Toast
Fruit
Milk

LUNCH
Teriyaki Chicken
Steamed Broccoli
Mashed Potatoes
WW Roll
Fruit

Friday, Sept. 23

BREAKFAST
Pop Tart
Banana
Milk

LUNCH
Chicken Fingers
Oven Baked Fries
Green Beans
WW Roll
Fruit
Milk

Monday, Sept. 26

BREAKFAST
Cereal w/ Toast
Fruit
Milk

LUNCH
Steak Nuggets
Mashed Potatoes
Green Beans
WW Roll
Fruit
Milk

Tuesday, Sept. 27

BREAKFAST
Steak Biscuit
Juice
Milk

LUNCH
Corn Dog Nuggets
Tater Smiles
Baby Carrots w/ Dip
Fruit
Milk

Wednesday, Sept. 28

BREAKFAST
Mini Pancakes
Fruit
Milk

LUNCH
Pizza
Corn
Tossed Salad
Fruit
Milk

Thursday, Sept. 29

BREAKFAST
Cereal w/ Cheese
Toast
Fruit
Milk

LUNCH
Crunchy Taco w/ Cheese
Lettuce/Tomato
Refried Beans
Corn
Fruit

Friday, Sept. 30

BREAKFAST
Ham Biscuit
Juice
Milk

LUNCH
Yogurt Plate
With Muffin, String Cheese and Fruit
Milk

NUTRITION TO GO

Chili (or "chile") peppers are a key seasoning in the dish that's also known as chili. The heat in different types of peppers is measured in "Scoville Units." A green bell pepper scores 0 units, a jalapeño pepper scores up to 5000, a habañero pepper scores up to 300,000 – and a scorpion pepper over a million units!

A TASTY MORSEL FOR PARENTS