

SEPTEMBER 2022

TOCCOA ELEMENTARY

This institution is an equal opportunity provider.
Menus are subject to change.

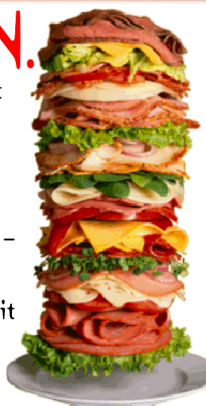
**HAPPY
LABOR DAY!**



Try not to be **BLUE**
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!

MODERATION.

We've often told you all about the many benefits of 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 try not to over-do it!



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

Thursday, September 1

Breakfast

Zee Zee
Bar

Lunch

Chicken
Drumstick
Dinner Roll
Mashed Potatoes
Broccoli
Fruit

Friday, September 2

Breakfast

Chicken
Biscuit

Lunch

Pizza
Garden Salad
Corn
Sidekick Fruit Cup

Tuesday, September 6

Breakfast

Belgian
Waffle

Lunch

Hot Dog
Baked Beans
Tator Tots
Fruit

Wed., September 7

Breakfast

Breakfast
Strudel

Lunch

Spaghetti
w/Meat Sauce
Garlic Bread
Garden Salad
Glazed Carrots
Fruit

Thursday, September 8

Breakfast

Pancake
Pup

Lunch

Chicken
Nuggets
Dinner Roll
Green Beans
Roasted Potatoes
Fruit

Friday, September 9

Breakfast

Chicken
Biscuit

Lunch

Pizza Stix
w/Marinara
Garden Salad
Corn
Fruit
Honey Graham

Monday, September 12

Breakfast

Toaster
Pastry

Lunch

Cheeseburger
Baked Beans
Waffle Fries
Fruit

Tuesday, September 13

Breakfast

Mini
Cinnis

Lunch

Mini Quesadillas
w/Salsa & Cheese
Refried Beans
Fruit
Jello Treat

Wed., September 14

Breakfast

Sausage Biscuit

Lunch

Crunchy Fish Sticks
French Fries
Black Eyed Peas
Fruit

Thursday, September 15

Breakfast

Blueberry
Bread

Lunch

Chicken
w/Rice
Veggie Blend
Fruit
Fortune Cookie

Friday, September 16

Breakfast

Chicken
Biscuit

Lunch

Pizza
Garden Salad
Corn
Sidekick Fruit Cup

Students:

Breakfast-No Charge
Lunch-No Charge

Daily Options:

PBJ Sandwich,
String Cheese & Daily Fruit/Veggie
Choices
or
Protein Power Pack
with Yogurt,
String Cheese,
Grain, & Daily
Fruit/Veggie Choices

All meals include milk choice:

Fat Free Flavored,
Skim, and 1% milk

Harvest of the Month
Apples

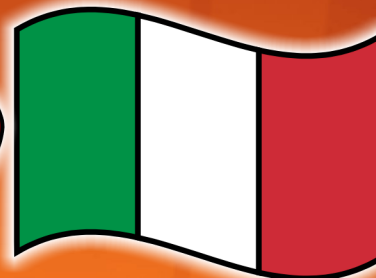




**What's on
YOUR
plate?**



Q: How is a strawberry like the flag of Italy?



A:

As strawberries grow and ripen, they turn from green to white to red – just like the Italian flag! Strawberries are at their sweetest, juiciest best in spring, and just 8 medium berries provide 140% of the daily vitamin C you need!

NOSE FOR FOOD

In many parts of the United States, if you see a big bird teetering unsteadily in the sky, it's most likely a Turkey Vulture.

They may be big, but they pretty much never kill their own food – they almost exclusively eat carrion (look it up!). Turkey Vultures are rare birds, in that they use a highly



developed sense of smell to find food – they can even smell carrion from the air under a forest canopy. Other birds (that can't smell anything) will actually follow the Turkey Vultures to a food source!

ANIMAL APPETITES

Monday, September 19 Breakfast Chocolate Chip French Toast Lunch Corndog Baked Beans Tator Tots Fruit	Tuesday, September 20 Breakfast Sausage Biscuit Lunch Chicken Fajita Wrap w/ Salsa & Cheese Corn & Black Beans Fruit	Wed., September 21 Breakfast Muffin Lunch Rotini Pasta w/ Meat Sauce Garlic Bread English Peas Fruit	Thursday, September 22 Breakfast Pancake Pup Lunch Popcorn Chicken Dinner Roll Mashed Potatoes Broccoli Fruit	Friday, September 23 Breakfast Chicken Biscuit Lunch Pizza Stix w/Marinara Garden Salad Corn Fruit Honey Graham
Monday, September 26 Breakfast Cereal w/Milk Lunch Ham & Cheese Sandwich Veggie Dippers Baked Chips Fruit	Tuesday, September 27 Breakfast Sausage Biscuit Lunch Walking Taco w/ Lettuce, Cheese, & Salsa Mexican Rice Refried Beans Fruit	Wed., September 28 Breakfast Cinnamon Roll Lunch BBQ Sandwich Sindwinder Potatoes Baked Beans Baked Apples	Thursday, September 29 Breakfast Mini Pancakes Lunch Chicken Nuggets Dinner Roll Green Beans Potato Wedges Fruit	Friday, September 30 Breakfast Chicken Biscuit Lunch Brunch for Lunch Breakfast Pizza Hashbrown Veggie Dipper Fruit



UTAH

"The Beehive State"

Admitted to the Union January 4, 1896 as the 45th State
 State Capital: Salt Lake City