

SEPTEMBER 2022

SCMS & 5GA

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

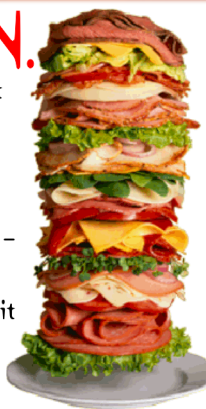
**HAPPY
LABOR DAY!**



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

Lunch

Chicken
Sandwich
Lettuce, Tomato
Pickles
Veggie Dippers
French Fries
Fruit

Friday, September 2

Lunch

Pizza
Garden Salad
Corn
Frozen Fruit Cup

Tuesday, September 6

Lunch

Hot Dog
Baked Beans
Tator Tots
Fruit

Wed., September 7

Lunch

Brunch for Lunch
Breakfast Pizza
Hashbrown
Veggie Dipper
Fruit

Thursday, September 8

Lunch

Chicken
Tenders
Biscuit & Gravy
Roasted Potatoes
Broccoli w/cheese
Fruit

Friday, September 9

Lunch

Pizza Stix
w/ Marinara
Garden Salad
Corn
Fruit
Honey Graham

Monday, September 12

Lunch

Cheeseburger
Lettuce/Pickles
Baked Beans
Potato Wedges
Fruit

Tuesday, September 13

Lunch

Cowboy Nachos
Salsa & Cheese
Black Bean Salad
Corn
Fruit

Wed., September 14

Lunch

Meatloaf
Cornbread
Mashed Potatoes
Black Eyed Peas
Fruit

Thursday, September 15

Lunch

Chicken Rice Bowl
Oriental Veggies
Veggie Dippers
Fruit
Fortune Cookie

Friday, September 16

Lunch

Pizza
Garden Salad
Corn
Frozen 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
or

Chef Salad w/Protein, Grain
& Daily Fruit/Veggie Choices

All meals include milk choice:

Fat Free Flavored,
Skim, and 1% milk

Harvest of the Month
Apples

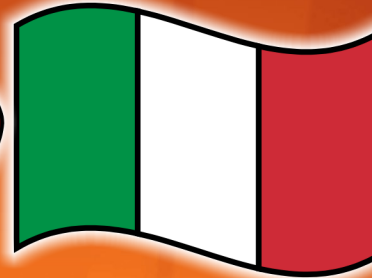
Market conditions, delivery, and availability of
food may require changes in menu.



**What's on
YOUR
plate?**



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

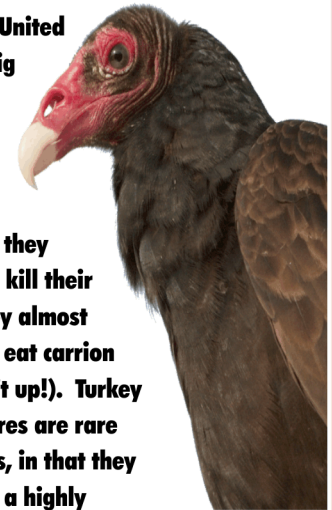


A: As strawberries grow and ripen, they turn from green to white to red – just like the Italian flag! Strawberries are at their sweetest, juiciest best in spring, and just 8 medium berries provide 140% of the daily vitamin C you need!

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	Tuesday, September 20	Wed., September 21	Thursday, September 22	Friday, September 23
Lunch Mini Corn Dogs Baked Beans Veggie Dippers Potato Smiles Fruit	Lunch Chicken Burrito Salsa & Cheese Corn Refried Beans Fruit	Lunch Loaded Baked Potato Pretzel w/Cheese Broccoli Fruit	Lunch Chicken Drumstick Dinner Roll Mashed Potatoes Green Beans Baked Apples Fruit	Lunch Pizza Stix w/ Marinara Garden Salad Corn Fruit Honey Graham

Monday, September 26	Tuesday, September 27	Wed., September 28	Thursday, September 29	Friday, September 30
Lunch Meatball Sub w/Marinara Veggie Dippers Baked Chips Fruit	Lunch Walking Taco Lettuce, Salsa, Cheese Corn & Black Beans Fruit	Lunch Spaghetti w/Meat Sauce Garden Salad Garlic Bread Glazed Carrots Fruit	Lunch Chicken Sandwich Lettuce, Tomato, Pickles Veggie Dippers French Fries Fruit	Lunch Pizza Garden Salad Corn Frozen Fruit Cup



UTAH

"The Beehive State"

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