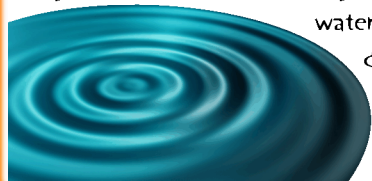


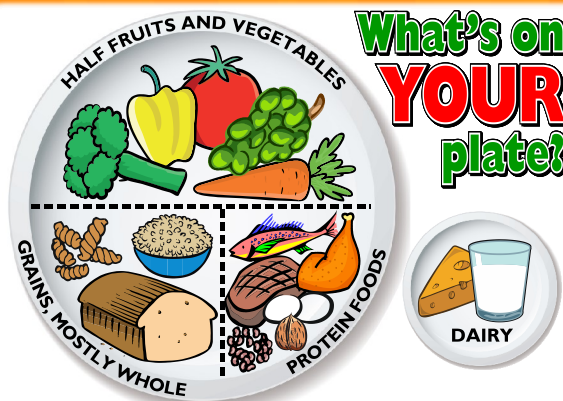
# RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure



water throughout the day, and try to make a habit of choosing water instead of soda.

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



## Tastes like summer!



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, September 11**

### Breakfast

Mini Maple Waffles or  
Cherry Apple Breakfast Bar  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Grilled Cheese Sandwich  
Tomato Soup  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 32.9g Carbs: 105.3g  
Calories: 671 Total fat 15.4g

**Tuesday, September 12**

### Breakfast

Sausage Breakfast Pizza or  
Strawberry or Raspberry Dunkers  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Beef Ravioli  
Whole Grain Bread Stick  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 27.9g Carbs: 80.9g  
Calories: 568 Total fat 14.8g

**Wednesday, September 13**

### Breakfast

Sausage, Egg & Cheese Pocket  
or Cream Cheese Bagel Bar  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Crispy Chicken Drumstick  
Jo-Jo Potatoes & Dinner Roll  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 33.8g Carbs: 88.2g  
Calories: 658 Total fat 19.7g

**Thursday, September 14**

### Breakfast

Ham, Egg & Cheese Muffin or  
Breakfast Cereal  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Soft Shell Taco  
Black Bean & Corn Salsa  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 27.2g Carbs: 70.8g  
Calories: 530 Total fat 16.6g

**Friday, September 15**

### Breakfast

Pancake on a Stick or  
Mini Cinnamon Rolls  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Cheeseburger  
Bethel Baked Beans  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 34.2g Carbs: 80.9g  
Calories: 655 Total fat 21.9g

**Monday, September 18**

### Breakfast

Mini Blueberry Waffles or  
Cherry Apple Breakfast Bar  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Ham & Cheese Pull-A-Parts  
Green Beans  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 32.2g Carbs: 82.4g  
Calories: 559 Total fat 12.4g

**Tuesday, September 19**

### Breakfast

Sausage & Egg Burrito or  
Strawberry or Raspberry Dunkers  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Cheesy Chicken Burrito  
Kernel Corn  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 28.4g Carbs: 99.1g  
Calories: 660 Total fat 15.7g

**Wednesday, September 20**

### Breakfast

Ham & Egg Combo Bar or  
Strawberry Yogurt Parfait  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Mini Cheese Calzones  
Bread Stick  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 30.5g Carbs: 100.4g  
Calories: 674 Total fat 17.8g

**Thursday, September 21**

### Breakfast

Sausage & Cheese Biscuit or  
Breakfast Cereal  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Mandarin Orange Chicken  
Whole Grain Rice  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 25.5g Carbs: 90.5g  
Calories: 531 Total fat 8.4g

**Friday, September 22**



**Monday, September 25**

### Breakfast

Mini Maple Waffles or  
Cherry Apple Breakfast Bar  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Personal Pepperoni Pizza  
Green Beans  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 29.0g Carbs: 99.9g  
Calories: 619 Total fat 12.9g

**Tuesday, September 26**

### Breakfast

Sausage Breakfast Pizza or  
Strawberry or Raspberry Dunkers  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Turkey Gravy, Dinner Roll  
Mashed Potatoes  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 29.4g Carbs: 77.5g  
Calories: 556 Total fat 14.8g

**Wednesday, September 27**

### Breakfast

Sausage, Egg & Cheese Pocket  
or Cream Cheese Bagel Bar  
Fruit & Juice  
Non-Fat or 1% White Milk

### Breakfast for Lunch!

Waffles w/ Maple Syrup  
Sausage Patty  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 20.5g Carbs: 97.5g  
Calories: 557 Total fat 11.8g

**Thursday, September 28**

### Breakfast

Mini Egg & Cheese Bagel Sandwich  
or Breakfast Cereal  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Spaghetti Spirals &  
Meat Sauce  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 25.3g Carbs: 73.5g  
Calories: 492 Total fat 12.2g

**Friday, September 29**

### Breakfast

Pancake on a Stick or  
Mini Cinnamon Rolls  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Hot Diggity Dog  
Bethel Baked Beans  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Protein: 24.3g Carbs: 82.9g  
Calories: 604 Total fat 20.8g