



EAGLE EATS

School Nutrition News

FRESH STARTS • HEALTHY CHOICES • STRONGER EAGLES

September 2026

Good Food
Brighter Futures ♡

Welcome Back, Eagles!

Our School Nutrition team is excited to serve you this school year! Each meal is an opportunity to fuel your day, try something new, and build healthy habits that help you learn, grow, and soar!



Good Food.
Stronger Students.
A Brighter Tomorrow.

SEPTEMBER SPOTLIGHT

FRUITS & VEGGIES

EAT THE RAINBOW!

September is a great time to celebrate colorful fruits and vegetables! They provide important vitamins, minerals, fiber, and other nutrients your growing body needs. Different colors bring different nutrients to the table, so see how many colors you can find on your school meal tray!

Colorful Choices
Brighter Days!

RED



Apples
Strawberries
Tomatoes

ORANGE



Carrots
Oranges
Sweet Potatoes

YELLOW



Corn
Bananas
Yellow Squash

GREEN



Broccoli
Peas
Green Beans

PURPLE



Grapes
Plums
Purple Cabbage

SEPTEMBER CHALLENGE

How many colors can YOU eat this week?

DID YOU KNOW?



Potatoes were the first vegetable grown in space!

In 1995, potato plants were grown aboard the Space Shuttle Columbia as part of research into growing food for future space missions.

Now that's an out-of-this-world vegetable!

FAMILY NUTRITION TIP

Encourage Exploration!

Trying new foods can take time. Encourage children to explore unfamiliar fruits and vegetables without pressure. Seeing, smelling, touching, and tasting new foods are all part of becoming comfortable with them.

Small tastes can lead to big discoveries!



HEALTHY HABITS
HAPPIER
HERE!



FUELING OUR EAGLES

Our School Nutrition team is proud to provide meals that support growing bodies and busy minds. From breakfast to lunch, we're here to help our Eagles get the nourishment they need to:

LEARN • GROW • SOAR

Healthy Students
Brighter Tomorrows ♡



DID YOU KNOW?

Fruits and vegetables get their different colors from natural plant compounds. Each color provides unique nutrients that help keep your body strong and healthy!

This institution is an equal opportunity provider.



EAGLES
EAT WELL
SOAR FAR