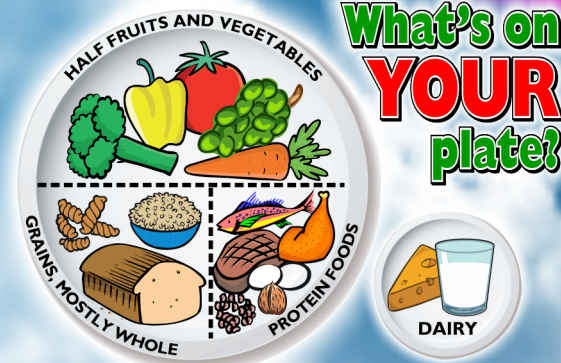


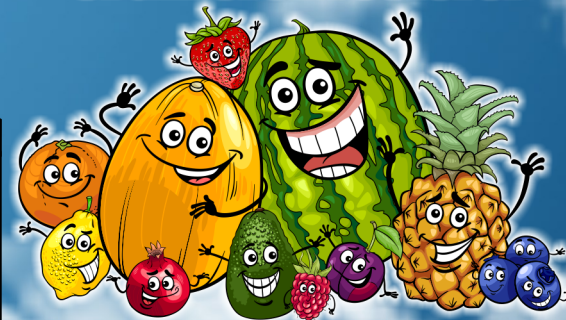
August &
Sept. 2021



Welcome Back
for **FOOD, FUN, & FITNESS!**



Try to eat a
RAINBOW
of different colors!



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

Monday Aug. 30

Tuesday, Aug. 31

Wednesday, Sept. 1
Turkey Ham, Turkey Bologna, & Turkey Salami Sandwich

Choice of Two
Fruit Juice
Fresh Fruit

Choice of Milk
1% or Skim

Thursday, Sept. 2
Lunchables (Turkey & Cheese)

Choice of Two
Fruit Juice
Fruit Cup

Choice of Milk
1% or Skim
Goldfish Crackers!

Friday, Sept. 3
Turkey Breast Sandwich

Choice of Two
Fruit Juice
Fresh Fruit

Choice of Milk
1% or Skim

HAPPY LABOR DAY!



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

Tuesday, Sept. 7
Pizza Lunchables (Cheese & Sauce)

Choice of Two
Fruit Juice
Fruit Cup

Choice of Milk
1% or Skim
Goldfish Crackers!

Wed., Sept. 8
Yogurt Plate (Yogurt, Sunflower Kernals, Graham Crackers)

Choice of Two
Zucchini Sticks
Fresh Fruit

Choice of Milk
1% or Skim

Thursday, Sept. 9
Chicken Salad Wrap

Choice of Two
Carrot Sticks
Fresh Fruit

Choice of Milk
1% or Skim

Friday, Sept. 10
Turkey Breast Sandwich

Choice of Two
Cherry Tomatoes
Fresh Fruit

Choice of Milk
1% or Skim

Mon., 9/13
Hummus Plate
 (Hummus, Cheese Stick, Pretzel)

Choice of Two
 Zucchini & Squash Sticks
 Fresh Fruit

Choice of Milk
 1% or Skim

Tuesday, Sept. 14
Salsa Plate
 (Cheese Sauce, Salsa, Black Beans & Chips)

Choice of Two
 Celery Sticks
 Fresh Fruit

Choice of Milk
 1% or Skim

Wed., Sept. 15
Lunchables
 (Turkey & Cheese)

Choice of Two
 Fruit Juice
 Fruit Cup

Choice of Milk
 1% or Skim

Goldfish Crackers

Thursday, Sept. 16
Veggie Pasta Salad
 (Cheese, Tomato Salsa, Black Beans & Chips)

Choice of Two
 Celery Sticks
 Fresh Fruit

Choice of Milk
 1% or Skim

Friday, Sept. 17
Yogurt Plate
 (Yogurt, Sunflower Kernals, Graham Crackers)

Choice of Two
 Baby Carrots
 Fresh Fruit

Choice of Milk
 1% or Skim

Mon., 9/20
Pizza Lunchables
 (Cheese & Sauce)

Choice of Two
 Fruit Juice
 Fruit Cup

Choice of Milk
 1% or Skim

Goldfish Crackers!

Tuesday, Sept. 21
Buffalo Chicken Wrap

Choice of Two
 Zucchini Sticks
 Fresh Fruit

Choice of Milk
 1% or Skim

Wed., Sept. 22
Chicken Mesquite Sandwich

Choice of Two
 Baby Carrots
 Fresh Fruit

Choice of Milk
 1% or Skim

Thursday, Sept. 23
Romaine Salad Plate
 (Grilled Chicken, Cheese, Tomatoes, Crackers)

Choice of Two
 Fruit Cup
 (Salad)

Choice of Milk
 1% or Skim

Friday, Sept. 24
Turkey Ham, Turkey Bologna, & Turkey Salami Sandwich

Choice of Two
 Celery Sticks
 Fresh Fruit

Choice of Milk
 1% or Skim

Mon., 9/27
Yogurt Plate
 (Yogurt, Sunflower Kernals, Graham Crackers)

Choice of Two
 Baby Carrots
 Fresh Fruit

Choice of Milk
 1% or Skim

Tuesday, Sept. 28
Hummus Plate
 (Hummus, Cheese Stick, Pretzel)

Choice of Two
 Cherry Tomatoes
 Fresh Fruit

Choice of Milk
 1% or Skim

Wed., Sept. 29
Turkey Breast Sandwich

Choice of Two
 Celery Sticks
 Fresh Fruit

Choice of Milk
 1% or Skim

Thursday, Sept. 30
Romaine Salad Plate
 (Diced Turkey, Black Beans, Tomatoes, Crackers)

Choice of Two
 Fresh Fruit
 (Salad)

Choice of Milk
 1% or Skim

Friday, Oct. 1
Turkey Breast Sandwich

Choice of Two
 Zucchini Sticks
 Fresh Fruit

Choice of Milk
 1% or Skim

DON'T 4 GET!

To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

and 3-5 items total

Fruit/Juice **Vegetables**

NEW HAVEN SCHOOL DISTRICT
 FOOD SERVICES