



Menus for September 2016

South Whittier School District

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

Thursday, September 1

Breakfast

Raisin Bran
OR
Blueberry Muffin
Cupped Fruit

Lunch

Bean & Cheese Burritos
Corn Salad
Salad
Grapes/Apples
Jicama

Friday, September 2

Breakfast

Marshmallow Matey's
OR
Sausage Muffin
Apple Slices

Lunch

Pizza
Broccoli w/ Cheese
Salad/Baby Carrots
Cupped Fruit
Chocolate Chip Cookie
Jicama

AVAILABLE DAILY

Fruits and vegetables are offered during breakfast and lunch.
1% milk and nonfat chocolate milk offered daily.
All grains offered are whole grains.

Prices

Student Breakfast: \$1.00
Student Lunch: \$1.75
Adult Lunch: \$2.50
Milk: \$0.50



HAPPY LABOR DAY!

NO SCHOOL MONDAY, SEPTEMBER 5

Tuesday, September 6

Breakfast

Marshmallow Matey's
OR
Breakfast Bun
Bananas

Lunch

BBQ Pork Sandwich
Baked Beans
Spanish Rice
Bananas
Cupped Fruit

Wednesday, September 7

Breakfast

Frosted Mini Spooners
OR
Quesadilla
Orange Slices

Lunch

Teriyaki Chicken w/Brown Rice
Asian Vegetables
Baby Carrots
Orange Slices
Cupped Fruit

Thursday, September 8

Breakfast

Raisin Bran
OR
Apple Muffin
Cupped Fruit

Lunch

Grilled Cheese Sandwich
Sun Chips
Salad
Corn Salad
Grapes/Apples
Jicama

Friday, September 9

Breakfast

Marshmallow Matey's
OR
Pancake Stick
Apple Slices

Lunch

Pizza
Corn Salad
Salad/Baby Carrots
Cupped Fruit
Chocolate Chip Cookie
Jicama



Monday, September 12

Breakfast

Honey Nut Scooters
OR
Chorizo Wrap
Orange Juice

Lunch

Hamburger/Cheeseburger
Baked Fries
Apple Slices
Cupped Fruit
Baby Carrots

Tuesday, September 13

Breakfast

Marshmallow Matey's
OR
Yogurt Parfait
Bananas

Lunch

Beef Tostada
Spanish Rice
Shredded Lettuce
Diced Tomatoes
Salad
Bananas/Cupped Fruit

Wednesday, September 14

Breakfast

Frosted Mini Spooners
OR
Pancakes
Orange Slices

Lunch

Chicken Nuggets
Mashed Potatoes/Gravy
Dinner Roll
Cooked Corn
Baby Carrots
Oranges
Cupped Fruit

Thursday, September 15

Breakfast

Raisin Bran
OR
Chocolate Muffin
Cupped Fruit

Lunch

Baked Chicken W/ Waffles
Baked Beans
Salad
Grapes/Apples
Jicama

Friday, September 16

Breakfast

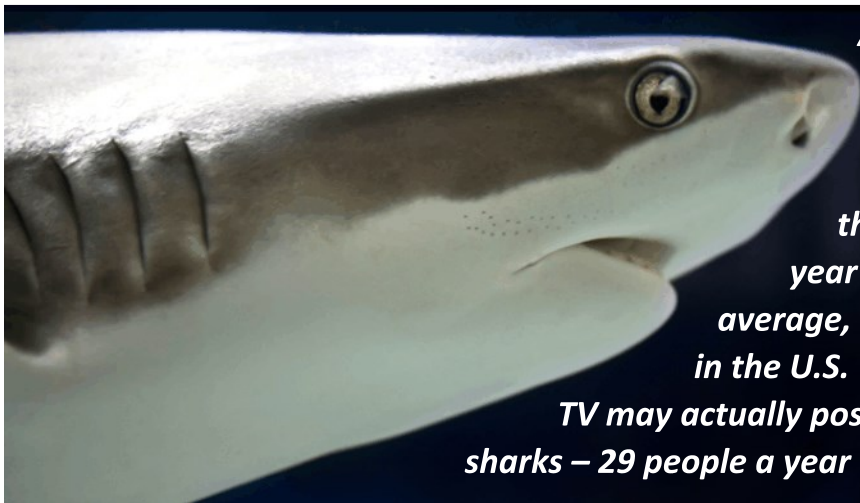
Marshmallow Matey's
OR
French Toast
Apple Slices

Lunch

Pizza
Tostito's Scoops
Salad/Baby Carrots
Cupped Fruit
Chocolate Chip Cookie
Jicama



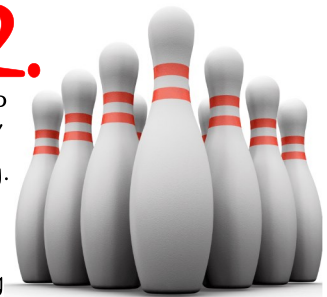
People seem to either love broccoli or hate it – and the haters aren't all six year olds! Scientists say that some people are highly sensitive to a bitter tasting compound in broccoli and other vegetables that most folks don't taste at all. People with the "bitterness" gene could eat as many as 200 fewer servings of veggies a year!



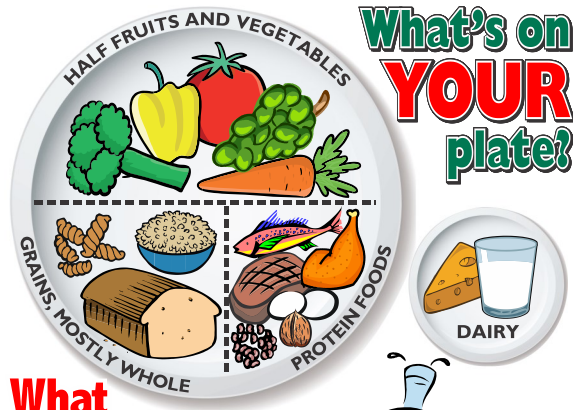
Afraid of sharks? Of course you are! But how about pencils – afraid of them? Or candles? Stairs? Hot dogs? Balloons? Coconuts? All of these things kill more people every year than shark attacks, which cause, on average, less than one death every two years in the U.S. In fact, watching “Shark Week” on TV may actually pose more danger to you than actual sharks – 29 people a year are killed by falling television sets!

10 x 2.

Here’s a simple way to roll a wellness “strike” twice a day, every day. Add just 10 minutes of daily exercise to whatever you’re doing now. And get to bed just 10 minutes earlier than usual. Easy formula for improved wellness, right? Might even improve your bowling game!

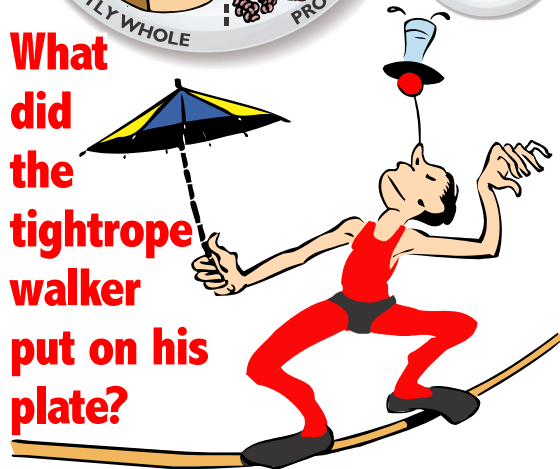


EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!



What's on YOUR plate?

What did the tightrope walker put on his plate?



A WELL-BALANCED MEAL! And you should, too!

Eating lots of different kinds of food is one of the best ways to stay healthy. Just follow the advice on the My Plate graphic and you’ll never lose your balance!

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

Monday, September 19

Breakfast

Honey Nut Scooters
OR
Breakfast Pizza
Apple Juice

Lunch

Chicken Patty Sandwich
Baked Fries
Corn Salad
Baby Carrots
Apple Slices
Cupped Fruit

Tuesday, September 20

Breakfast

Marshmallow Matey’s
OR
Pan Dulce
Bananas

Lunch

Chicken Tostada
Spanish Rice
Shredded Lettuce
Diced Tomatoes
Salad
Bananas
Cupped Fruit

Wednesday, September 21

Breakfast

Frosted Mini Spooners
OR
Quesadilla
Orange Slices

Lunch

Orange Chicken w/ Brown Rice
Broccoli w/ Cheese
Baby Carrots
Oranges
Cupped Fruit

Thursday, September 22

Breakfast

Raisin Bran
OR
Banana Muffin
Cupped Fruit

Lunch

Turkey Dog w/ Chili Beans
Salad
Corn Salad
Grapes/Apples
Jicama

Friday, September 23

Breakfast

Marshmallow Matey’s
OR
Peanut Butter/Jelly Sandwich
Apple Slices

Lunch

Pizza
Tostito’s Scoops
Salad/Baby Carrots
Cupped Fruit
Chocolate Chip Cookie
Jicama

Monday, September 26

Breakfast

Honey Nut Scooters
OR
Chorizo Wrap
Apple Juice

Lunch

Hamburger/Cheeseburger
Baked Fries
Baby Carrots
Sliced Apples
Cupped Fruit

Tuesday, September 27

Breakfast

Marshmallow Matey’s
OR
Yogurt Parfait
Bananas

Lunch

Chicken Fajitas w/ Tortilla Beans
Spanish Rice
Salad
Bananas
Cupped Fruit
Jicama

Wednesday, September 28

Breakfast

Frosted Mini Spooners
OR
Pancake
Orange Slices

Lunch

Deli Turkey/Ham Sandwich
Sun Chips
Baby Carrots
Oranges
Cupped Fruit
Jicama

Thursday, September 29

Breakfast

Raisin Bran
OR
Blueberry Muffin
Cupped Fruit

Lunch

Bean & Cheese Burritos
Corn Salad
Salad
Grapes/Apples
Jicama

Friday, September 30

Breakfast

Marshmallow Matey’s
OR
Sausage Muffin
Apple Slices

Lunch

Pizza
Broccoli w/ Cheese
Salad/Baby Carrots
Cupped Fruit
Chocolate Chip Cookie
Jicama