are some great ways to choose healthy snacks.

- When choosing a snack, choose 2 or 3 different food groups! Fruit and vegetable snacks are good for our eyes, skin, and organs. They can help prevent us from getting sick.
- Eat different colored fruits and vegetables because each color provides different vitamins and minerals. Red colors contain phytochemicals that help prevent cancer, reduce the risk of diabetes and heart disease, and keep the skin healthy. Orange and yellow colors improve immune function, reduce the risk of hear disease, and promote eye health. Green colors boost the immune system, detox the body, and help with energy. Blue and purple colors help fight cancer and inflammation. White and brown colors fight against cancer, keep bones strong, and help keep your heart healthy.
- Dairy snacks help keep our bones strong. They are also packed with protein, which helps us stay fuller longer.
- Whole grains provides energy. The healthiest grains are 100% whole wheat, corn, brown rice, oats, barley, sorghum, rye, and millet. Whole grains are packed with fiber, which regulates blood pressure, cholesterol, and aid in digestive health.
- Protein snacks help our muscles stay strong and healthy.
- Plant-based proteins like nuts, seeds, and beans are lower in saturated fats, which can be bad for the heart.

### SUPER SNACKS!

Snacks are foods that can be eaten in between meals. They are important to get in all of the nutrition needed for the day and helping you stay full. Here are some great ways to choose healthy snacks.

#### Cycle 1

**Monday, August 12**
- **Breakfast:** Glazed Raised Donut
- **Lunch:** Turkey & American Sandwich
- **Dinner:** Roasted Red Pepper Hummus Box

**Tuesday, August 13**
- **Breakfast:** 19 Frozen Peach Cup
- **Lunch:** Cheesy Dog on a Bun
- **Dinner:** Classic Sandwich

#### Cycle 2

**Wednesday, August 14**
- **Breakfast:** Warm Cinnamon Pancakes
- **Lunch:** Pasta Sauce & Pasta
- **Dinner:** School Lunch Money

**Thursday, August 15**
- **Breakfast:** 13 Iced Strawberry Cup
- **Lunch:** Turkey Deli Sandwich
- **Dinner:** Smoked Turkey & Mozzarella Sandwich

#### Cycle 3

**Friday, August 16**
- **Breakfast:** Fluffy Egg Wrap
- **Lunch:** Country Beef Cutlet on a Bun
- **Dinner:** Roasted Red Pepper Hummus Box

#### Cycle 4

**Monday, August 19**
- **Breakfast:** 34 Cinnamon Glazed French Toast
- **Lunch:** X-Ray Vision Carrots
- **Dinner:** Yogurt, Cheese Sandwich

**Tuesday, August 20**
- **Breakfast:** Sausage Biscuit
- **Lunch:** Macho Nachos
- **Dinner:** BBQ Rib Sandwich

**Wednesday, August 21**
- **Breakfast:** Piggly Wiggly Wrap
- **Lunch:** Pimiento Cheese on a Tortilla Wrap
- **Dinner:** Fish & Chips

**Thursday, August 22**
- **Breakfast:** Oatmeal Chipper
- **Lunch:** Chicken Caesar Salad
- **Dinner:** Guidepost Soup

**Friday, August 23**
- **Breakfast:** French Toast Sticks
- **Lunch:** Turkey Deli Sandwich
- **Dinner:** Smoked Turkey & Mozzarella Sandwich

### Lunch Prices

<table>
<thead>
<tr>
<th>Lunch Prices</th>
<th>Week of Aug 13-16, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount</td>
<td>Calories</td>
</tr>
<tr>
<td>Full Paid</td>
<td>727 Cal 727%</td>
</tr>
<tr>
<td>Reduced</td>
<td>397 Cal 397%</td>
</tr>
<tr>
<td>Reduced</td>
<td>332 Cal 332%</td>
</tr>
</tbody>
</table>

### Week of Aug 19-23, 2019

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>August 19-23, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>643</td>
</tr>
<tr>
<td>Amount</td>
<td>12.5 g</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td><strong>145%</strong></td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td><strong>348%</strong></td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td><strong>167%</strong></td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td><strong>79%</strong></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>11 g</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>89 gm 72%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>21 cal 30%</td>
</tr>
</tbody>
</table>

### Menu Key:

- **(      )** New item
- **(       )** Fish product
- **(       )** Spicy
- **(       )** Whole-grain
- **(      )** Contains beans and/ or peas which have been harvested dry.
- **(       )** Locally grown
- **(       )** Meatless item
- **(       )** Vegetarian
- **(       )** Contains pork
- **(       )** Condiments are included
- **(      )** Meat/meat alternate ranges, grain ranges, and at least five subgroup consisting of dark green, red/orange, legumes, starchy, and other.
- **(      )** Meets the USDA nutrient standard traditional menu plan.
- **(      )** Includes milk $ .35

### Extra!

**Lunch Page News**

- This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.
- This institution is an equal opportunity provider.