Supersize Fruits and Vegetables!

One in ten children do not eat enough fruits and vegetables each day. Essential for the growth and development of children, fruits and vegetables help keep children from getting sick and they do better in school. Listed below are some tips to "supersize" fruits and vegetables each day.

- Provide fruits and vegetables as snacks. Keeping fruits and vegetables washed, cut, and in plain sight in the refrigerator will encourage children to eat them more frequently.
- Serve salads before meals. They can prevent children from over-eating.
- Pre-washed, bagged salad is easy and quick to use in salads.
- Try a vegetarian recipe at least once a week. Spaghetti, lasagna, chili, burritos, and burgers, all make delicious vegetarian meals when using beans and other vegetables instead of meat.
- Include at least one leafy green and yellow vegetable for vitamin A such as spinach, broccoli, winter greens, greens, or carrots.
- Add one vitamin C-rich fruit or vegetable, such as oranges, grapefruit, strawberries, melon, tomato, and broccoli each day.
- Include a fruit or vegetable to every meal or snack. Put fruit on cereal or salads or use vegetables and dip for an after-school snack.
- Be a good role model! Eat more fruits and vegetables. Not only will children benefit, but adults will too!

Cycle 8

**Monday September 9**

Breakfast

19 Piggly Wiggly Wrap
14 Applecise Cup

Lunch

30 Cheese Pizza
2 Fresh Grape & Spinach Sausage, Fresh Peaches
33 Chef Salad: Diced Egg, American, Lettuce & Spinach Mix, Fresh Peaches, Creamy Dressing, Ketchup
75 Roasted Red Pepper Hummus Box

Cycle 9

**Tuesday September 10**

Breakfast

44 Glazed Cinnamon Roll
17 Fresh Kiwi

Lunch

36 Macho Nachos
4 X-Ray Vision Carrots
21Refried Beans
23 Fresh Banana

Cycle 10

**Wednesday September 11**

Breakfast

45 Cinnamon Muffin Square
23 Fresh Banana

Lunch

21 Stadium Beef Frank on a Bun
2 Cool as a Cucumber Coins
5 with Gravy
8 Fresh Lunch Bunch Grapes

Cycle 1

**Thursday September 12**

Breakfast

25+ Biscuit
19 Frozen Peach Cup

Lunch

16 Chicken Nuggets
1 Fresh Mix Salad
15 Whipped Potatoes
5 with Gravy
6 Tea Roll
7 Fresh Cantaloupe

Cycle 2

**Friday September 13**

Breakfast

35 Cinnamon Pancakes
13 Fresh Granny Smith Apple Half

Lunch

23 General Tso Chicken
21 Steamed Brown Rice
10 Pretty Peas
2 Fresh Broccoli Trees
14 Chilled Diced Pears
7 Fortune Cookie

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