Why is protein such an important part in a child's diet? It builds, maintains, and repairs body tissue. Protein is really important for growth and development. Protein needs vary as children get older and activity level increases. For example, a 4-8 year old would require approximately 19 grams of protein and a 9-13 year old would require 34 grams of protein. These are only minimum dietary requirements. This doesn't account for a child's height, weight and activity level. So if you have a child who is tall for his age and involved with sports, protein needs may be greater.

You can find many “power packed” protein sources in the school cafeteria at breakfast and lunch. Some favorite foods include:

- Yogurt
- Chicken Nuggets
- Hamburgers
- Creamed Turkey
- Sausage Biscuit
- Macaroni and Cheese
- Pizza
- Spanish Hamburger
- Hard Cooked Egg

Remember to stick with healthy choices as you look for protein-rich foods in the cafeteria when you return to school. Until that time, power pack your meals at home.

The Power of Protein

Monday Aug 31
Breakfast
Cold Cereal
Vanilla Bear Grahamss
Chilled Diced Pears
Applesauce Cup
White Milk
Lunch
Country Beef Cutlet on a Bun
Baked School Fries
Western Brea Lamb
Iced Apricot Cup
Iced Mixed Fruit Cup
Chocolate Milk

Tuesday Sept 1
Breakfast
Orange Crumb Muffin Top
Vanilla Bear Grahamss
Iced Apricot Cup
Iced Mixed Fruit Cup
White Milk
Lunch
Personal Pan Pizza
Golden Corn
Fresh Broccoli Trees
Fresh Apple Slices
Iced Strawberry Cup
Chocolate Milk

Wednesday Sept 2
Breakfast
Cinnamon Glazed
French Toast
Iced Strawberry Cup
Fresh Apple Slices
White Milk
Lunch
Breaded Chicken Patty on a Bun
Potato Smiles
Fresh Cucumber Coins
Chilled Diced Peaches
Applesauce Cup
Chocolate Milk

Thursday Sept 3
Breakfast
Cinnamon Pancakes
Chilled Diced Peaches
Iced Strawberry Cup
White Milk
Lunch
Chicken & Cheese Zoquetos
Fresh Grape Tomatoes
Baked School Fries
Chilled Diced Pears
Iced Peach Cup
Chocolate Milk

Friday Sept 4
Breakfast
Glazed Dutch Waffle
Chilled Diced Pears
Iced Peach Cup
White Milk
Lunch
Breaded Chicken Nuggets
Fresh Carrot Dippers
Green Beans
Tea Roll
Applesauce Cup
Iced Mixed Fruit Cup
Chocolate Milk

Saturday Sept 5
NO SCHOOL

Sunday Sept 6
NO SCHOOL

Monday Sept 7
NO SCHOOL

Tuesday Sept 8
Breakfast
Blueberry Muffin Top
Vanilla Bear Grahamss
Iced Mixed Fruit Cup
Applesauce Cup
White Milk
Lunch
Cheeseburger on a Bun
Fresh Grape Tomatoes
Baked School Fries
Chilled Diced Pears
Iced Peach Cup
Chocolate Milk

Wednesday Sept 9
Breakfast
Oatmeal Chipper
Breakfast Round
Chilled Diced Pears
Iced Peach Cup
White Milk
Lunch
Breaded Chicken Tenders
Mini Cornbread Muffin
Baked School Fries
Fresh Broccoli Trees
Iced Apricot Cup
Applesauce Cup
Chocolate Milk

Thursday Sept 10
Breakfast
Sausage Pizzazz Pizza
Applesauce Cup
Iced Apricot Cup
White Milk
Lunch
Beef & Bean Burrito with
Cheese Sauce
Tri-Colored Tortilla Chips
Black Bean Salsa
Golden Corn
Chilled Diced Peaches
Iced Strawberry Cup
Chocolate Milk

Friday Sept 11
Breakfast
French Toast Sticks
Chilled Diced Peaches
Iced Strawberry Cup
White Milk
Lunch
Cheese Calzone with
Pasta Sauce
Fresh Cucumber Coins
Peas
Applesauce Cup
Iced Peach Cup
Chocolate Milk

EXTRA! Lunch Page News
Menu Key:
Contains pork
Contains beans and/or peas which have been harvested dry
Locally grown
Meatless item
Fish product
Spicy
New item
Whole-grain

* * * * * Menu may be subject to change without notice due to product availability * * * *

**Meals2Go**

Monday Aug 31
- Cold Cereal
- Vanilla Bear Graham
- Chilled Diced Pears
- Applesauce Cup
- White Milk

Tuesday Sept 1
- Orange Crumb Muffin Top
- Vanilla Bear Graham
- Iced Apricot Cup
- Iced Mixed Fruit Cup
- White Milk

Wednesday Sept 2
- Cinnamon Glazed French Toast
- Iced Strawberry Cup
- Fresh Apple Slices
- White Milk

Thursday Sept 3
- Cinnamon Pancakes
- Chilled Diced Peaches
- Iced Strawberry Cup
- White Milk

Friday Sept 4
- Glazed Dutch Waffle
- Chilled Diced Pears
- Iced Peach Cup
- White Milk

Saturday Sept 5
- NO SCHOOL

Sunday Sept 6
- NO SCHOOL

Monday Sept 7
- NO SCHOOL

Tuesday Sept 8
- Blueberry Muffin Top
- Vanilla Bear Graham
- Iced Mixed Fruit Cup
- Applesauce Cup
- White Milk

Wednesday Sept 9
- Oatmeal Chipper
- Breakfast Round
- Chilled Diced Pears
- Iced Peach Cup
- White Milk

Thursday Sept 10
- Sausage Pizzazz Pizza
- Applesauce Cup
- Iced Apricot Cup
- White Milk

Friday Sept 11
- French Toast Sticks
- Chilled Diced Peaches
- Iced Strawberry Cup
- White Milk

Saturday Sept 12
- NO SCHOOL

Sunday Sept 13
- NO SCHOOL

**Complimentary Breakfast is available for ALL Enrolled Students in All Schools!**

Our menu has been planned to meet federal regulations including, but not limited to, age groups and portion sizes. Over the course of each week, our menus meet calorie ranges, meat/meat alternate ranges, grain ranges, and at least if not more of the required vegetable subgroup consisting of dark green, red/orange, legumes, starchy, and other.

This institution is an equal opportunity provider.

This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.

Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-9859. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.

Visit our website for nutrition information, free/reduced applications and more about our program at http://district.ops.org/