### Meals2Go

School is closed on Friday, September 18th, 2020, therefore meals for distribution will be on Monday, September 14th and Wednesday, September 16th. Wednesday distribution will include meals for Wednesday and Thursday only.

## Monday, September 14, 2020 Highlighted Days Are Meal Distribution Days

### Breakfast
- Cold Cereal
- Vanilla Bear Grahams
- Iced Peach Cup
- 1% White Milk

### Lunch
- Ranchero Pizza
- Golden Corn
- Iced Strawberry Cup
- Chocolate Milk

Get your crayons and markers out because today is **National Coloring Day**! Look in the bag today for bookmarks to color!

## Tuesday, September 15, 2020 Menu is subject to change without notice due to product availability

### Breakfast
- Glazed Cinnamon Roll
- Iced Strawberry Cup
- Applesauce Cup
- 1% White Milk

### Lunch
- Breaded Beef Cutlet on a Bun
- Sweet Potato Fries
- Iced Mixed Fruit Cup
- Chocolate Milk

What goes well with Sweet Potato Fries? Try Cinnamon and Brown Sugar Dipping Sauce. Melt together in a sauce pan 5 Tbs. Unsalted Butter, 4 Tbs. Brown Sugar, 1 Tsp. Cinnamon and 1% Cup Heavy Whipping Cream. Whisk together until butter has melted. Serve warm!

## Wednesday, September 16, 2020 Highlighted Days are Meal Distribution Days

### Breakfast
- Cold Cereal
- Vanilla Bear Grahams
- Iced Peach Cup
- 1% White Milk

### Lunch
- Breaded Spicy Chicken Patty on a Bun
- Baked School Fries
- Iced Strawberry Cup
- Chocolate Milk

Want to “dress up” your Spicy Breaded Chicken Patty? Try adding a slice of cheese, avocado, or a tomato to your sandwich!

## Thursday, September 17, 2020 Menu is subject to change without notice due to product availability

### Breakfast
- Cinnamon Pancakes
- Chilled Diced Peaches
- Iced Strawberry Cup
- 1% White Milk

Pancakes in America are made with wheat flour however in other countries, pancakes are often made with corn.

### Lunch
- Mini Corn Dogs
- Chocolate Chipper Cookie
- Peas
- Applesauce Cup
- Chocolate Milk

Smoothie idea: Take the iced peach or iced strawberry cup and place in a blender with white milk. Add a few ice cubes and blend ingredients until smooth.

## Friday, September 18, 2020

**NO SCHOOL Curriculum Day**

### Menu Key:
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item

### Lunch Prices

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<thead>
<tr>
<th></th>
<th>Full Paid</th>
<th>Reduced</th>
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<tbody>
<tr>
<td>Elem.</td>
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<tr>
<td>Milk</td>
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### Meals2Go

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- Seasonal fresh fruits and vegetables will be offered daily as they are available. Assorted canned or frozen fruits and 100% juice may also be included in your Meals2Go.
- Ice cold 1% white milk and chocolate milk is offered as part of every meal.

### Dology Lunch Options

- As we continue to offer our Meals2Go, we will include new items into the menu. Stay tuned and we look forward to providing meals while you are doing remote learning.

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**FOOD FOR THOUGHT**

- Some stress is necessary in our lives when we want to stimulate creativity, or to promote learning”. Christian J. Borg

- Food is a great source of magnesium which can help relieve stress. It is especially good in other countries, because today is Curiosity Day! Get your crayons out and make a collage with your favorite foods.

- There are many strategies that can help manage stress and one of them is to follow a healthy diet. Listed below are great foods to help relieve stress and manage anxiety. Eating well can help manage stress and anxiety. There are many strategies that can help manage stress and one of them is to follow a healthy diet. Listed below are great foods to help relieve stress and manage anxiety. Eating well can help.

- Complex Carbohydrates - Whole-grains, breakfast cereals, and pasta
- Oranges - good source of Vitamin C
- Spinach - good source of magnesium
- Raw Vegetables – can help release a clenched jaw
- Milk - good source of calcium which can help ease anxiety
- Avocados - good source of potassium

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**Our Mission Statement:** To enhance the health and well-being of our customers, the students and staff of each building, by providing high-quality meals, snacks, and beverages to all.