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 squash, 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 great role model! Eat more fruits and vegetables. Not only will children benefit, but adults will too!

National Fortune Cookie Day
Cycle 2

- Breakfast: Egg & Cheese Omelet
- Lunch: Fresh Cantaloupe, White Milk

EXTRA!
Lunch Page News
Menu Key:
- ( ) contains beans and/or peas which have been harvested dry.
- ( ) locally grown
- ( ) Meatless item
- ( Spicy) New item
- ( Whole-grain)
- *No Pork products are served at Head Start

Week of Sep 9-13, 2019

Nutrition Facts
Serving Size: 1 Lunch per day
Serving Size: 1 Meal

% Daily Value
Fat Calories 20 cal 12%
Calories 567 29%
Total Fat 6 gm 10%
Saturated Fat 2 gm 10%
Cholesterol 6 cal 9%
Sodium 208 mg 10%
Total Carbohydrate 73 gm 20%
Dietary Fiber 7 gm 143%
Dietary Fiber 9 gm 184%
Total Sugars 8 gm
Protein 30 gm
Calcium 150 mg 6%
Iron 3 mg 10%
Vitamin A 90 u 53%
Vitamin C 9 mg 53%
Calcium 464 mg 126%
Vitamin C 9 mg 53%
Calcium 58 mg 61%
Vitamin C 9 mg 53%
Calcium 3 mg 10%
Vitamin C 9 mg 53%

National Rice Brisperi Treat Day
Cycle 5

- Breakfast: Cinnamon Oatmeal Cookie
- Lunch: Chilled Diced Pears, White Milk

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

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

**Serving Size** 1 Meal
**Calories** 634

- **Protein** 20 gm 29%
- **Total Carbohydrate** 73 gm 105%
- **Sodium** 901 mg 57%
- **Cholesterol** 61 mg 20%
- **Saturated Fat** 20 cal 29%

**Serving Size** 1 Lunch per Day
**Fat Calories** 20 cal 29%
**Calories** 567

- **Protein** 9 gm 13%
- **Total Carbohydrate** 32 gm 213%
- **Sodium** 678 mg 45%
- **Cholesterol** 25 mg 9%
- **Saturated Fat** 6 cal 9%

### Menu Key:

- **Whole-grain**
- **Locally grown**
- **Floor product**
- **Fish product**
- **Meatless item**
- **New item**
- **5% or less of Daily Value**
- ****Condiments are included

### Week of Sep 9-13, 2019

**Breakfast**

- Hard Boiled Egg
- Peaches, Blueberry
- Cinnamon Muffin Square
- Egg & Cheese Biscuit
- Muffin Top
- Fresh Banana

**Lunch**

- Fresh Apple
- Iced Strawberry Cup
- Warm Pancakes with Maple Syrup
- Fresh Granny Smith Apple

### Week of Sep 16-20, 2019

**Breakfast**

- Sausage Pizzazz Pizza
- Hot Apple Oatmeal
- Orange Crumb Muffin Top
- Ice-Cold 1% & Fat-Free White Milk

**Lunch**

- Select Meat
- No Pork products are served at Head Start
- Complimentary Breakfast is available for ALL Enrolled Students in All Schools!

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.
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**Extras**

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