**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.

- When choosing a snack, choose 2 or 3 different food groups! Fruit and vegetables 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 heart 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, keeps bones strong, and help keep your heart healthy.
- 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.

**Offered daily:**
- Mini Corn Dogs
- X-Ray Vision Carrots
- Baked School Fries
- Dried Cherries
- Smoked Turkey & Mozzarella Sandwich
- Turkey & American Sandwich
- Roasted Red Pepper Hummus Box
- Bar BQ Rib Sandwich
- Fresh Grape Tomatoes
- Fresh Banana
- Country Boy Sandwich
- Chickpea Hummus Box
- Smoked Turley, Mandarin, Lettuce & Spinach Mix
- Fresh Kiwi
- Colby Cheese Omelet
- Fresh Kiwi
- Roasted Red Pepper Hummus Box
- Roasted Red Pepper Hummus Box

### Cycle 1
**Monday, August 12**
- **Breakfast:** Glazed Raised Donut
- **Lunch:** Turkey Deli, Cheese, Lettuce & Spinach Mix, Tea Roll, Chocolate Chipper Cookie

**Tuesday, August 13**
- **Breakfast:** Scrambled Eggs
- **Lunch:** Fresh Corn on the Cob

**Wednesday, August 14**
- **Breakfast:** Cheese or Pepperoni Pizza
- **Lunch:** Fresh Orange Smiles

**Thursday, August 15**
- **Breakfast:** Warm Biscuit or Tortilla
- **Lunch:** French Toast Sticks

**Friday, August 16**
- **Breakfast:** Country Boy Sandwich
- **Lunch:** Warm Biscuit or Tortilla

### Cycle 2
**Monday, August 19**
- **Breakfast:** Country Boy Sandwich
- **Lunch:** Smoked Turkey, Mandarin, Lettuce & Spinach Mix

**Tuesday, August 20**
- **Breakfast:** Sausage Patty
- **Lunch:** X-Ray Vision Carrots

**Wednesday, August 21**
- **Breakfast:** Piggly Wiggly Wrap
- **Lunch:** Grilled Chicken Strips, White American, Lettuce & Spinach Mix, Tea Roll, Roasted Red Pepper Hummus Box

**Thursday, August 22**
- **Breakfast:** Oatmeal Chipper
- **Lunch:** Fresh Banana

**Friday, August 23**
- **Breakfast:** Classic Sandwich
- **Lunch:** Fresh Orange Smiles

### Cycle 3
**Monday, August 26**
- **Breakfast:** Turkey Deli, Cheese, Lettuce & Spinach Mix, Tea Roll, Chocolate Chipper Cookie

**Tuesday, August 27**
- **Breakfast:** Smoked Turkey, Mandarin, Lettuce & Spinach Mix

**Wednesday, August 28**
- **Breakfast:** Warm Pancakes with Maple Syrup
- **Lunch:** Fresh Banana

**Thursday, August 29**
- **Breakfast:** Roasted Red Pepper Hummus Box
- **Lunch:** Fresh Orange Smiles

**Friday, August 30**
- **Breakfast:** Roasted Red Pepper Hummus Box
- **Lunch:** Warm Biscuit or Tortilla

### Cycle 4
**Monday, September 2**
- **Breakfast:** Country Boy Sandwich
- **Lunch:** Fresh Corn on the Cob

**Tuesday, September 3**
- **Breakfast:** Country Boy Sandwich
- **Lunch:** Fresh Corn on the Cob

**Wednesday, September 4**
- **Breakfast:** Country Boy Sandwich
- **Lunch:** Warm Biscuit or Tortilla

**Thursday, September 5**
- **Breakfast:** Smoked Turkey, Mandarin, Lettuce & Spinach Mix
- **Lunch:** Warm Biscuit or Tortilla

**Friday, September 6**
- **Breakfast:** Classic Sandwich
- **Lunch:** Warm Biscuit or Tortilla

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**Lunch Prices**
- **Full Paid Reduced**
  - Elem: $2.65 0.40
  - Sec: $2.25 .40
  - Adult: $3.15  .35

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With the help of the cafeteria, during breakfast and lunch, our meals meet calorie ranges, provide adequate vitamins and minerals, and meet federal regulations. On Monday, we have a milk and 2 or 3 different food groups! Fruit and vegetables 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 heart 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, keeps bones strong, and help keep your heart healthy.

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**MenuKey:**
- Contains pork
- Contains beans and/or peas which have been harvested dry.
- Locally grown
- Meatless item
- Fish product
- Spicy
- New item
- Whole-grain

*Nutrient values are based on the comparison for the USDA nutrient standard traditional menu plan.

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Visit website for nutrition information, free/reduced applications and more about our program at [http://district.ops.org](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 531-299-9659. 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.