**Week of Sep 23-27, 2019**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Total Sugars</th>
<th>Fiber</th>
<th>Added Sugar</th>
<th>Protein</th>
<th>Iron</th>
<th>Vitamin C</th>
<th>Vitamin A</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Meal</td>
<td>626</td>
<td>8.7 gm</td>
<td>2.0 gm</td>
<td>20 mg</td>
<td>838 mg</td>
<td>29 gm</td>
<td>9 gm</td>
<td>310</td>
<td>31</td>
<td>0.0 gm</td>
<td>3.0 gm</td>
<td>3 mg</td>
<td>27 mg</td>
<td>2761</td>
<td>310</td>
</tr>
<tr>
<td>1 Lunch per Day</td>
<td>626</td>
<td>8.7 gm</td>
<td>2.0 gm</td>
<td>20 mg</td>
<td>838 mg</td>
<td>29 gm</td>
<td>9 gm</td>
<td>310</td>
<td>31</td>
<td>0.0 gm</td>
<td>3.0 gm</td>
<td>3 mg</td>
<td>27 mg</td>
<td>2761</td>
<td>310</td>
</tr>
</tbody>
</table>

### Menu Key:
- **✯** V is for the visually impaired. Please call 531-299-0230 for further information.
- **(      )** Locally grown
- **(        )** Spicy
- **(        )** Made with Peanut Butter

### Extra!
- **New item**
- **Whole-grain**
- Contains pork
- Contains beans and/or pulses which have been harvested dry.
- Meatless item
- Fish product

---

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

---

**Involving Kids in the Kitchen!**

One of the best ways to help children develop a healthy relationship with food is by involving them with all aspects of meal preparation. The younger they start helping, the better! Helping with meal preparation can help picky eaters try new foods, gives them a new appreciation for foods on the table, and makes them a well-rounded eater. It takes children time to get the hang of it, but be persistent and patient. Choose several nights each week that you have extra time to have them help. Here are great ways to involve your children:

- **Cleaning.** Let the children wash several of the fruits and vegetables when preparing food for cooking or eating.
- **Selecting.** When shopping, let them select a new fruit or vegetable (or several) that they would like to try.
- **Growing.** During the summer months, your child can plant seeds. They will learn what it takes to grow the food they eat.
- **Measuring.** Show them how to measure the fruits and vegetables for the recipes. This can be a math lesson too!
- **Preparing.** They can determine how many 1/4 cups are in 1 cup.
- **Tasting.** Ask them to taste test fruit and vegetable recipes and experiment with herbs and spices.
- **Growing.** During the summer months, your child can plant seeds. They will learn what it takes to grow the food they eat.

**Involving Kids in the Kitchen!**

- **One of the best ways to help children develop a healthy relationship with food is by involving them with all aspects of meal preparation. The younger they start helping, the better!**
- **Helping with meal preparation can help picky eaters try new foods, gives them a new appreciation for foods on the table, and makes them a well-rounded eater.**
- **It takes children time to get the hang of it, but be persistent and patient.**
- **Choose several nights each week that you have extra time to have them help.**
- **Here are great ways to involve your children:**
  - **Cleaning.** Let the children wash several of the fruits and vegetables when preparing food for cooking or eating.
  - **Selecting.** When shopping, let them select a new fruit or vegetable (or several) that they would like to try.
  - **Growing.** During the summer months, your child can plant seeds. They will learn what it takes to grow the food they eat.
  - **Measuring.** Show them how to measure the fruits and vegetables for the recipes. This can be a math lesson too!
  - **Preparing.** They can determine how many 1/4 cups are in 1 cup.
  - **Tasting.** Ask them to taste test fruit and vegetable recipes and experiment with herbs and spices.
  - **Growing.** During the summer months, your child can plant seeds. They will learn what it takes to grow the food they eat.