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 include at least one leafy green and yellow vegetable for vitamin A such as spinach, broccoli, winter squash, greens, or carrots.
- Be a great role model! Eat more fruits and vegetables. Not only will children benefit, but adults will too!

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, starches, and other.

This institution is an equal opportunity provider.

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.
Supersize Fruits and Vegetables!

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Week of Sep 9-13, 2019

<table>
<thead>
<tr>
<th>Cycle 8</th>
<th>Cycle 9</th>
<th>Cycle 10</th>
<th>Cycle 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
</tr>
<tr>
<td>Sept 9</td>
<td>Sept 10</td>
<td>Sept 11</td>
<td>Sept 12</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>Hard Boiled Egg</td>
<td>Peaches, Blueberry Muffin Top</td>
<td>Cinnamon Muffin Square</td>
<td>Egg &amp; Cheese Biscuit</td>
</tr>
<tr>
<td>Vanilla Bear Grahams</td>
<td>Vanilla Bear Grahams</td>
<td>Fresh Banana</td>
<td>Frozen Peach Cup</td>
</tr>
<tr>
<td>Apple Sauce Cup</td>
<td>Iced Strawberry Cup</td>
<td>White Milk</td>
<td>White Milk</td>
</tr>
<tr>
<td>White Milk</td>
<td>White Milk</td>
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</tbody>
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Week of Sep 16-20, 2019

<table>
<thead>
<tr>
<th>Cycle 3</th>
<th>Cycle 4</th>
<th>Cycle 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Sept 16</td>
<td>Sept 17</td>
<td>Sept 18</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>Sausage Pizzazz Pizza</td>
<td>Hot Apple Oatmeal</td>
<td>Orange Crumb Muffin Top</td>
</tr>
<tr>
<td>Glazed Juice</td>
<td>Vanilla Bear Grahams</td>
<td>Vanilla Bear Grahams</td>
</tr>
<tr>
<td>White Milk</td>
<td>Fresh Kiwi</td>
<td>Fresh Granny Smith Apple Half</td>
</tr>
</tbody>
</table>

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Lunch Prices

- Full Paid: $1.45
- Reduced: $1.15
- Adult: $3.75
- Milk: $.35

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**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>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Meal</td>
<td>634</td>
<td>32 gm</td>
<td>6 cal</td>
<td>908 mg</td>
<td>908 mg</td>
<td>32 gm</td>
<td>6 cal</td>
<td>4 mg</td>
</tr>
<tr>
<td>1 Lunch per Day</td>
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Lunch Prices

- Full Paid Reduced
  - Elem. $1.45 .40
  - Sec. $1.75 .40
  - Adult $3.75 .35

Week of Sep 9-13, 2019

**National Rice Krispie Treat Day**

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

* No Pork products are served at Head Start

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