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 patient and persistent. Choose several nights each week that you have extra time to help 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.

Preparing. Children can tear the lettuce, break the broccoli off of the stems, or remove the seeds from the bell peppers.

Measuring. Show them how to measure the fruits and vegetables for the recipes. This can be a great math lesson too!

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.

Monday September 23
NO SCHOOL

Tuesday September 24
Breakfast Cinnamon Glazed French Toast
Ice Cream Sandwich
Lunch Macaroni & Cheese with Shrimp Poppers
X-Ray Vision Carrots
Lean Mean Green Beans
Fresh Lunch Bunch Grapes

Wednesday September 25
Breakfast A+ Biscuit
Frosted Peach Cup
Lunch Cheese Breadsticks with Pasta Sauce
Fresh Sugar Snap Peas
Fresh Salad Mix
Cinnamon Applesauce

Thursday September 26
Breakfast Cinnamon Pancakes
Fresh Granny Smith Apple Half

Friday September 27
Breakfast Fluffy Egg Wrap
Fresh Banana

Saturday September 28
Breakfast

Cycle 1 September 23
Teacher Planning Day

Cycle 2 September 24
Breakfast Cinnamon Glazed French Toast
Ice Cream Sandwich
Lunch Turkey & Peppers Sandwich
Fresh Grape Tomatoes
Chilled Diced Peaches
Vegetarian Salad

Cycle 3 September 25
Breakfast Piggly Wiggly Wrap
Ice Mixed Fruit Cup
Lunch Sweet N Sour Chicken
Steamed Brown Rice
Crispy Crunchy Celery Sticks
Fresh Peas
Chilled Applesauce

Cycle 4 September 26
Breakfast Cottage Cheese & Toast
Chilled Diced Pears
Lunch Ranch Chicken Drummies
Glazed Butternut Squash
Popped-Up Potato Sticks
Fresh Peas
Breadsticks

Cycle 5 September 27
Breakfast Cinnamon Roll
Lunch BBQ Rib Sandwich
Fresh Grape Tomatoes
Potato Smiles

Cycle 6 September 28
Breakfast

Cycle 7 September 29
Lunch Ham or Cheeseburger on a Bun
Vegetarian Sandwich
Fresh Salad Mix
Chilled Diced Peaches
Chilled Local Peaches

Cycle 8 September 30
Breakfast Cheese Pizza
X-Ray Vision Carrots
Fresh Broccoli Trees
Chilled Diced Pears
Vegetarian Salad

Cycle 9 October 1
Breakfast Piggly Wiggly Wrap
Ice Mixed Fruit Cup
Lunch Chicken Ceasar
Breadstick

Cycle 10 October 2
Breakfast Cottage Cheese & Toast
Chilled Diced Pears
Lunch Ranch Chicken Drummies
Glazed Butternut Squash
Popped-Up Potato Sticks
Fresh Peas
Breadsticks

Week of September 23 - 27, 2019

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

Calories 626

Percent Values are based on the comparison for the USDA nutrient standard traditional menu plan.

Calcium 500 mg 135%
Vitamin A 2761 IU 194%
Vitamin C 27 mg 159%
Protein 29 gm 193%
Total Carbohydrate 82 gm 67%
Dietary Fiber 9 gm 184%
Sodium 1018 mg 75%
Cholesterol 6 cal 9%

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

This is your school’s nutritional information. Please contact your school cafeteria manager for more information.