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 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!

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**Cycle 8**

**Monday**

**September 9**

**Breakfast**

Piggly Wiggly Wrap

Applesauce Cup

**Lunch**

Cheese Pizza

Fresh Grape Tomatoes

Golden Corn

Chilled Diced Peaches

**Sandwich Box:** Turkey & Mozzarella Sandwich

Fresh Broccoli Trees

Cheddar, Lettuce & Spinach Mix,

Fresh Lunch Bunch Grapes

**Supersize Fruits and Vegetables!**

- Fresh Granny Smith Apple Half

- Fresh Jicama Sticks

- Fresh Broccoli Trees

- Fresh Lunch Bunch Grapes

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**Tuesday**

**September 10**

**Breakfast**

Glazed Raisin Donut

Iced Strawberry Cup

**Lunch**

Macho Nachos

X-Ray Vision Carrots

Refried Beans

Fresh Banana

**Sandwich Box:** Turkey & American Sandwich

Fresh Broccoli Trees

Cheddar, Lettuce & Spinach Mix,

Fresh Lunch Bunch Grapes

**Supersize Fruits and Vegetables!**

- Fresh Salad Mix

- Fresh Cantaloupe

- Fresh Broccoli Trees

- Fresh Lunch Bunch Grapes

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**Wednesday**

**September 11**

**Breakfast**

Cinnamon Muffin Square

Fresh Banana

**Lunch**

Stadium Beef Frank on a Bun

Cool as a Cucumber Coins

Steamed Carrots

Fresh Lunch Bunch Grapes

**Sandwich Box:** Turkey & American Sandwich

Fresh Broccoli Trees

Cheddar, Lettuce & Spinach Mix,

Fresh Cantaloupe

**Supersize Fruits and Vegetables!**

- Fresh Mix Salad

- Fresh Lunch Bunch Grapes

- Fresh Broccoli Trees

- Fresh Lunch Bunch Grapes

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**Thursday**

**September 12**

**Breakfast**

Avocado Biscuit

Frozen Peach Cup

**Lunch**

Chicken Nuggets

Fresh Mix Salad

Whipped Potatoes

Tea Roll

Fresh Cantaloupe

**Sandwich Box:** Turkey & American Sandwich

Fresh Broccoli Trees

Cheddar, Lettuce & Spinach Mix,

Fresh Cantaloupe

**Supersize Fruits and Vegetables!**

- Fresh Mix Salad

- Fresh Lunch Bunch Grapes

- Fresh Broccoli Trees

- Fresh Lunch Bunch Grapes

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**Friday**

**September 13**

**Breakfast**

Cinnamon Pancakes

Fresh Granny Smith Apple Half

**Lunch**

General Tso Chicken

Steamed Brown Rice

Pretty Peas

Fresh Broccoli Trees

Chilled Diced Pears

Fortune Cookie

**Sandwich Box:** Turkey & American Sandwich

Fresh Broccoli Trees

Cheddar, Lettuce & Spinach Mix,

Fresh Strawberry Cup

**Supersize Fruits and Vegetables!**

- Fresh Mix Salad

- Fresh Lunch Bunch Grapes

- Fresh Broccoli Trees

- Fresh Lunch Bunch Grapes

---

**Supersize Fruits and Vegetables!**

- Fresh Granny Smith Apple Half

- Fresh Jicama Sticks

- Fresh Broccoli Trees

- Fresh Lunch Bunch Grapes

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**Week of Sep 9-13, 2019**

**Nutrition Facts**

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<th>Meal</th>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
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<th>Total Sugars</th>
<th>Added Sugars</th>
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<th>Calcium</th>
<th>Iron</th>
<th>Vitamin A</th>
<th>Total Trans Fats</th>
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<td>50 cal</td>
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<td>41 %</td>
<td>3937 IU</td>
<td>276 %</td>
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*Percent Values are based on the comparison for the USDA nutrient standard traditional menu plan.

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**Supersize Fruits and Vegetables!**

- Fresh Granny Smith Apple Half

- Fresh Jicama Sticks

- Fresh Broccoli Trees

- Fresh Lunch Bunch Grapes

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**Week of Sep 16-20, 2019**

**Nutrition Facts**

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<th>Vitamin A</th>
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<td>49 %</td>
<td>3937 IU</td>
<td>276 %</td>
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</tr>
</tbody>
</table>

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

---

**Supersize Fruits and Vegetables!**

- Fresh Granny Smith Apple Half

- Fresh Jicama Sticks

- Fresh Broccoli Trees

- Fresh Lunch Bunch Grapes

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