Eating cereal can be an essential part of a balanced breakfast. Since there are so many cereals to choose from how do you decide which one is the best? It is important to first look at the nutrition label. Find out how much fiber and sugar is in the cereal that you want to eat. What to look for in a cereal?

- Look for whole grains on the label. They contain nutrients such as:
  - *diary fiber
  - *vitamins and minerals
  - *antioxidants
  - *phytochemicals (plant compounds) that work together to promote good health

Whole grains provide your body with carbohydrates, fiber, and protein. They also provide B vitamins, iron, zinc, and magnesium. Look for 100% whole grain on food labels or the word “whole” in front of the type of grain on the ingredient list. 100% whole grain should be listed as Whole grains provide your body with carbohydrates, fiber, and protein. They also provide B vitamins, iron, zinc, and magnesium. Look for 100% whole grain on food labels or the word “whole” in front of the type of grain on the ingredient list. 100% whole grain should be listed as

A good rule of thumb to follow is cereal should have:

- less than 8 grams of sugar per serving
- 3 grams or more of fiber

Depending on the cereal, the serving size will vary. Some cereal serving sizes have been increased to better reflect the amounts people are actually eating. There are three serving options for ready-to-eat cereal under the new FDA guidelines. In addition, the serving size information is now in bold print for easier reading, and it features both common measures, such as a cup, as well as the weight of the serving in grams (g).

### Monday, August 31, 2020

**Menu is subject to change without notice due to product availability**

#### Breakfast
- Cereal
- Vanilla Bear Graham
- Chilled Diced Pears
- Applesauce Cup
- 1% White Milk

#### Lunch
- Country Baked Buttermilk on a Bun
- Western Beans
- Baked School Fries
- Iced Apricot Cup
- Iced Mixed Fruit Cup
- Chocolate Milk

### Tuesday, September 1, 2020

**Menu is subject to change without notice due to product availability**

#### Breakfast
- Orange Crumb Muffin Top
- Vanilla Bear Graham
- Iced Apricot Cup
- Iced Mixed Fruit Cup
- 1% White Milk

#### Lunch
- Personal Pan Meat Lovers Pizza
- Fresh Broccoli Trees
- Golden Corn
- Fresh Apple Slices
- Iced Strawberry Cup
- Chocolate Milk

### Wednesday, September 2, 2020

**Menu is subject to change without notice due to product availability**

#### Breakfast
- Cinnamon Glazed French Toast
- Iced Strawberry Cup
- Fresh Apple Slices
- 1% White Milk

#### Lunch
- Breaded Chicken Patty on a Bun
- Fresh Cucumber Coleslaw
- Potato Smiles
- Chilled Diced Peaches
- Iced Apple Cup
- Chocolate Milk

### Thursday, September 3, 2020

**Menu is subject to change without notice due to product availability**

#### Breakfast
- Cinnamon Pancakes
- Chilled Diced Peaches
- Iced Strawberry Cup
- 1% White Milk

#### Lunch
- Chicken & Cheese Taquitos
- Fresh Grape Tomatoes
- Baked School Fries
- Chilled Diced Peas
- Iced Peach Cup
- Chocolate Milk

### Friday, September 4, 2020

**Menu is subject to change without notice due to product availability**

#### Breakfast
- Glazed Dutch Waffle
- Chilled Diced Pears
- Iced Peach Cup
- 1% White Milk

#### Lunch
- Breaded Chicken Nuggets
- Tea Roll
- Fresh Carrot Dippers
- Green Beans
- Iced Apple Cup
- Iced Mixed Fruit Cup
- Chocolate Milk

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**Complimentary Breakfast is Available for ALL Enrolled Students in All Schools!**

**Lunch Prices**

<table>
<thead>
<tr>
<th>Item</th>
<th>Full Paid</th>
<th>Reduced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
<td>$0.40</td>
</tr>
<tr>
<td>Sec.</td>
<td>$1.75</td>
<td>$0.40</td>
</tr>
<tr>
<td>Adult</td>
<td>$3.85</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>$0.85</td>
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</tr>
</tbody>
</table>

**Menu Key:**
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item

**For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.**

**FOOD FOR THOUGHT – Americans consume 101 pounds or 160 bowls of cereal per person every year.**

**Breakfast & Lunch**
- Seasonal fresh fruits and vegetables will be offered daily as they are available. Assorted canned or frozen fruits and 100% juice may also be included in your Meals2Go.
- Ice cold 1% white milk and chocolate milk is offered daily as part of every meal.

**Daily Lunch Options**
- As we continue to offer our Meals2Go, we will include new items into the menu. Stay tuned and we look forward to providing meals while you are at home doing remote learning.
For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

September is considered FOOD SAFETY MONTH. Some foods are more frequently associated with food poisoning than others. It is especially important to handle these foods properly.

- Poultry – Raw poultry can contain harmful bacteria such as salmonella and campylobacter. Never wash poultry since bacteria can spread to the hands and work surfaces. Cook poultry to the proper temperature of 165 degrees to kill the bacteria.
- Eggs – Keep eggs refrigerated, cook eggs until the yolks are firm, and cook foods containing eggs thoroughly.
- Produce – Fresh produce can pick up harmful bacteria from many sources.

When preparing any fresh produce, begin with clean hands. Wash all produce thoroughly under running water before preparing and/or eating.

FOOD FOR THOUGHT – Eggs are one of the most nutritious foods. An egg contains almost all of the healthy compounds, such as vitamin D, protein, and choline. Hard cooked eggs are available at breakfast in the cafeteria.

Menu Key:
- **New Item**
- **Meals2Go**
- **Locally Grown**
- **Meatless Item**
- **-Spicy**
- **-Contains Pork**

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**Monday, September 7, 2020**

**No School**

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**Tuesday, September 8, 2020**

**Breakfast**
- Blueberry Muffin Top
- Vanilla Bear Grahams
- Iced Mixed Fruit Cup
- Applesauce Cup
- 1% White Milk

**Lunch**
- Cheeseburger on a Bun
- Fresh Grape Tomatoes
- Baked School Fries
- Chilled Diced Pears
- Iced Peach Cup
- Chocolate Milk

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**Wednesday, September 9, 2020**

**Breakfast**
- Oatmeal Chipper Breakfast Round
- Chilled Diced Pears
- Iced Peach Cup
- 1% White Milk

**Lunch**
- Breaded Chicken Tenders
- Mini Corn Bread Muffin
- Fresh Broccoli Trees
- Baked School Fries
- Iced Apricot Cup
- Applesauce Cup
- Chocolate Milk

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**Thursday, September 10, 2020**

**Breakfast**
- Sausage Pizzazz Pizza
- Chilled Applesauce Cup
- Iced Apricot Cup
- 1% White Milk

**Lunch**
- Beef & Bean Burrito
- Cheese Sauce
- Tri Colored Tortilla Chips
- Golden Corn
- Black Bean Salsa
- Iced Strawberry Cup
- Chilled Diced Peaches
- Chocolate Milk

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**Friday, September 11, 2020**

**Breakfast**
- French Toast Slicks
- Chilled Diced Peaches
- Iced Strawberry Cup
- 1% White Milk

**Lunch**
- Cheese Calzone
- Pasta Sauce
- Peas
- Fresh Cucumber Coins
- Iced Peach Cup
- Chilled Applesauce Cup
- Chocolate Milk

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**Monday, September 7, 2020**

**No School**

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**Tuesday, September 8, 2020**

**Breakfast & Lunch Menu**

For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

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When preparing any fresh produce, begin with clean hands. Wash all produce thoroughly under running water before preparing and/or eating.

**FOOD FOR THOUGHT** – Eggs are one of the most nutritious foods. An egg contains almost all of the healthy compounds, such as vitamin D, protein, and choline. Hard cooked eggs are available at breakfast in the cafeteria.

---

**Menu Key:**
- **New Item**
- **Meals2Go**
- **Locally Grown**
- **Meatless Item**
- **-Spicy**
- **-Contains Pork**

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**Lunch Prices**

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**Our Mission Statement:**

To enhance the health and well-being of our customers, the students and staff of each building, by providing high quality meals accompanied by high quality service.

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