

SEPTEMBER 2018

Harvest Spotlight

Courtesy of D'Youville Dietetics



Apple

Circle all meals on the menu that have apple.

How many did you find?

What is your favorite way to eat apples?

What do you like best about apples?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Pattern Breakfast: 1% Milk, Vegetable or Fruit, Grain or Meat/Meat Alternate Lunch: 1% Milk, Meat/Meat Alternate, Vegetable, Fruit, & Grain Snack: (Any combination of any two foods) 1% Milk, Meat/Meat Alternate, Vegetable, Fruit, or Grain				
3	4	5	6	7
No School	Cheerios, Banana, & Milk	Whole Grain Pancakes, Strawberries, & Milk	Whole Grain Cheese Roll-Up, Apricots, & Milk	Rice Chex, Orange Wedges, & Milk
	Tuna Sandwich on Whole Wheat Bread, Cucumbers, Grapes & Milk	Whole Grain Pizza, Salad, Apple, & Milk	Hamburger, Whole Grain Bun, Sweet Potato Fries, Pear, & Milk	Grilled Chicken, Whole Wheat Roll, Sliced Zucchini, Plums, & Milk
	Soft Pretzel, Pineapple Tidbits & Milk	Low-Fat Yogurt, Mandarin Oranges, & Water	Trail Mix, Celery Sticks & Milk	Grapes, cheese cubes & Milk
10	11	12	13	14
Frosted Mini-Wheats, Diced Pears, & Milk	Whole Grain Blueberry Muffin, Melon Mix, & Milk	Corn Flakes, Banana, & Milk	Whole Grain French Toast, Applesauce, & Milk	Whole Grain Biscuit, Peaches, & Milk
Beef Goulash, Corn, Fruit Cocktail, Whole Grain Macaroni, & Milk	Chicken Nuggets, French Fries, Mandarin Oranges, & Milk	Sliced Ham on a Whole Grain Roll, Cucumber, Orange, & Milk	Turkey Burger on a Whole Grain Roll, Carrot Sticks, Grapes, & Milk	Spanish Rice with Ground Turkey, Apple, Tossed Salad, & Milk
Low-Fat Yogurt, Whole Grain Crackers, & Water	Cheerios & Milk	Whole Grain Bagel, Cream Cheese, & Milk	Cheese Stick, Pears, & Water	Cinnamon Toast Crunch & Milk
17	18	19	20	21
Corn Flakes, Peaches, & Milk	Whole Grain French Toast, Fruit Cocktail, & Milk	Whole Grain Bagel, Mandarin Oranges, & Milk	Frosted Mini-Wheats, Banana, & Milk	Whole Grain English Muffin, Apricot, & Milk
BBQ Rib on a Whole Wheat Roll, Spinach Salad, Orange Wedges, & Milk	Ethnic Meal: Arroz con Pollo, Chicken, Peas, Grapes, Brown Rice, & Milk	Macaroni & Cheese, Tossed Salad, Melon Mix, & Milk	Whole Grain Pizza, Carrots, Pears, & Milk	Lemon Pepper Fish, Green Bean Salad, Apricots, Whole Grain Roll, & Milk
Whole Grain Cheez-Its, Tropical Fruit & Water	Rice Cake & Milk	Peaches, Whole Grain Crackers & Milk	Apple, Cheddar Cheese, & Water	Trail Mix, Celery Sticks & Milk
24	25	26	27	28
Whole Grain Raisin Bread, Pears, & Milk	Rice Chex, Banana, & Milk	Cheerios, Fruit Cocktail, & Milk	Whole Grain Pancakes, Applesauce, & Milk	Whole Grain Biscuit, Peaches, & Milk
Ethnic Meal: Breaded Pork Chop, Potato Pancakes, Applesauce, & Milk	Fish Sticks, Fresh Zucchini, Melon Mix, & Milk	Chicken Salad/Whole Grain Pita, Citrus Salad, California Blend Veggies, & Milk	Ethnic Meal: Puerto Rican Stew, Mixed Vegetables, Mangoes, Brown Rice, & Milk	Cheese Omelet, Sliced Tomatoes, Diced Potatoes, Whole Wheat Bread, & Milk
Cheddar Goldfish Crackers & Milk	Low-fat Cheese, Grapes, & Water	Yogurt, Raspberries, & Water	Corn Muffin & Milk	Ants on a Log: Celery, Cream Cheese, Raisins & Milk