



All of our complete meals are always

with no need to submit an application, thanks to the **Community Eligibility Program!**



DON'TAGETI

To help keep yourself, your friends, and your family healthy

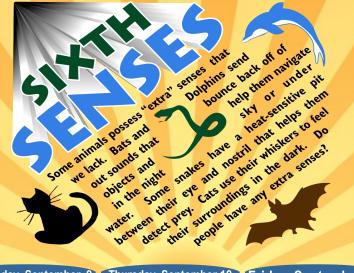
Please follow our Social Distancing



Florence County School District 5 Office of Food Services and Nutrition



Before Marco Polo was a game that you play in a swimming pool, he was a 13th century explorer who spent 24 years traveling in the Far East. Legend has it that he brought pasta to Italy from Chinal



HAPPY ABOR DAY!



We hope the last sweet days of your Summer are super

Tuesday, September 8

Breakfast

Pop Tart Yogurt/Diced Pears Juice/Milk Choice

<u>Lunch</u> Chef Salad/Chicken/ Crackers (1 oz) Or Popcorn Chicken Green Beans Yams *

Orange Slices or Juice Milk Choice

Wednesday, September 9

Breakfast

Cinnamon Roll Orange Wedges Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz)/ Or Pizza Corn* Garden Salad FF Ranch (2) Red Apple or Peaches Milk Choice

Thursday, September 10

Breakfast

Sausage Patty/Biscuit Diced Peaches Juice/Milk Choice

Lunch

Southwestern Salad/ Chicken/Nacho Chips or Roasted Chicken/Roll Mashed Potatoes Broccoli W/Cheese Banana or Applesauce Milk Choice

Friday, September 11

Breakfast

Cereal **Graham Crackers** Apple Sauce Juice/Milk Choice

Lunch Chef Salad/Ham/ Crackers (2 oz) Or Ham & Cheese Croissant Mayo/Let/Tom Corn on the Cob* Green Lima Beans Pineapple Cup or Juice Milk Choice





It's not cheese, or ketchup, or special sauce! lt's a nice big slice of fresh tomato. Not only does a crisp, cool tomato taste good on a burger, but the vitamin C in tomatoes also makes it easier for your body to use the protein in the meat!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html

Monday, September 14

Breakfast

Blueberry Muffin Red Apple Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz) Or Chick Fillet Sand/ Mavo Waffle Fries/Ketchup Romaine Lettuce Leaf/ Sliced Tomato Golden Delicious Apple or Diced Pears Milk Choice

Tuesday, September

Breakfast

Pop Tart Yogurt/Diced Pears Juice/Milk Choice

Lunch

Chef Salad/Chicken Crackers (1 oz) Or Teriyaki Chicken W/Rice & Roll Steamed Broccoli Garden Salad FF Ranch Dressing (2) Orange Slices or Juice Milk Choice

Wednesday, Sept. 16 Thursday, September

Orange Wedges

Juice/Milk Choice

Lunch

Chef Salad/Ham

Crackers (2 oz)

Mayo (1)/Mus (1)

Ketchup (2)

Sliced Tomato

Red Apple or Peaches

Milk Choice

Breakfast **Breakfast** Cinnamon Roll

Sausage Patty/Biscuit Diced Peaches Juice/Milk Choice

Lunch

Southwestern Salad/ Chicken/Nacho Chips or Or Hamburger on Bun Spaghetti/Roll Lima Beans Garden Salad FF Ranch Dressing (2) Romaine Lettuce Leaf/ Banana or Applesauce Milk Choice French Fries/Ketchup

Friday, September 18 Breakfast

Cereal **Graham Crackers** Apple Sauce Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz) or Chicken Tenders Green Beans Garden Salad FF Ranch Dressing (2) Pineapple Cup or Juice Milk Choice

Monday, September 21

Breakfast

Blueberry Muffin Red Apple Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz)/ Corn Dog Mustard/Ketchup French Fries Carrot Sticks FF Ranch (2) Golden Delicious Apple or Diced Pears Milk Choice

Tuesday, September 22

Breakfast

Pop Tart Yogurt/Diced Pears Juice/Milk Choice

Lunch

Chef Salad/Chicken/ Crackers (1 oz) Or Popcorn Chicken Green Beans Yams * Orange Slices or Juice Milk Choice

Wednesday, Sept. 23

Breakfast

Cinnamon Roll Orange Wedges Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz)/ Or Pizza Corn* Garden Salad FF Ranch (2) Red Apple or Peaches Milk Choice

Thursday, September 24

Breakfast

Sausage Patty/Biscuit Diced Peaches Juice/Milk Choice

Lunch

Southwestern Salad/ Chicken/Nacho Chips or Roasted Chicken/Roll Mashed Potatoes Broccoli W/Cheese Banana or Applesauce Milk Choice

Friday, September 25

Breakfast

Cereal Graham Crackers Apple Sauce Juice/Milk Choice

Lunch

Chef Salad/Ham/ Crackers (2 oz) Or Ham & Cheese Croissant Mayo/Let/Tom Corn on the Cob* Green Lima Beans Pineapple Cup or Juice Milk Choice

Monday, September 28

Breakfast

Blueberry Muffin Red Apple Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz) Or Chick Fillet Sand/ Mayo Waffle Fries/Ketchup Romaine Lettuce Leaf/ Sliced Tomato Golden Delicious Apple or Diced Pears Milk Choice

Tuesday, September 29

Breakfast

Pop Tart Yogurt/Diced Pears Juice/Milk Choice

Lunch

Chef Salad/Chicken Crackers (1 oz) Or Teriyaki Chicken W/Rice & Roll Steamed Broccoli Garden Salad FF Ranch Dressing (2) Orange Slices or Juice Milk Choice

Wednesday, September 30

Breakfast

Cinnamon Roll Orange Wedges Juice/Milk Choice

Lunch

Chef Salad/Ham Crackers (2 oz) Or Hamburger on Bun Mayo (1)/Mus (1) Ketchup (2) Romaine Lettuce Leaf/ Sliced Tomato French Fries/Ketchup Red Apple or Peaches Milk Choice



We've all been under a lot of stress this year. That's why it's more important than ever to set aside some regular time to take care of yourself - which will

make it easier for allof us to keep taking care of each other!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. **WELLNESS IS A WAY OF LIFE!**

