



**Breakfast Lunch**

*Cycle 1, Day 1*

Cinnamon Toast Cereal	Roast Turkey w/ Gravy
Cheese Square	Brown Rice
Fresh Fruit or Fruit Juice	Steamed Broccoli

*Cycle 1, Day 2*

Eggs Fiesta	Turkey Taco Pasta
WG Biscuit w/ Butter	w/ Cheddar Cheese
Fresh Fruit or Fruit Juice	Steamed Green Beans

*Cycle 1, Day 3*

WG Waffles w/ Syrup	Spaghetti & Meat Sauce
Fresh Fruit or Fruit Juice	Steamed Corn
	Dinner Roll

*Cycle 1, Day 4*

WG Biscuit w/ Jelly	Chicken Tenderloin
Fresh Fruit or Fruit Juice	French Fries w/ Ketchup
	Green Beans
	WG Biscuit

*Cycle 1, Day 5*

Cinnamon Raisin Bagel	BBQ Pulled Chicken
Fresh Fruit or Fruit Juice	on a WW Bun
	Mint Peas
	Carrot Soufflé

**Available Daily**

All Meals Served:  
 Low Fat White Milk  
 Fat Free Flavored Milk  
 Fresh Fruit

**Snack Smart!**

As summer draws to a close, and those busy school schedules start lining up, there never seems to be enough time to snack smart. A good snacking "Rule of Thumb" is to choose snacks that are 150-200 calories, about 3 grams of fiber, 5 grams of protein, and no more than 12 grams of fat. Here are some snack examples to help you get through the day feeling energized and focused:

- ◆ Grapes and Low Fat Cheese Cubes
- ◆ Whole Wheat Crackers and Peanut Butter
- ◆ Low Fat Yogurt and Mixed Berries
- ◆ A handful of walnuts or almonds
- ◆ Mixed Fruit Cup
- ◆ Fresh Fruit Smoothie
- ◆ Carrot Sticks and Hummus



**Breakfast Lunch**

*Cycle 2, Day 6*

WG Granola Bar	Pizza Pasta w/
Cheese String	Shredded Cheese
Fresh Fruit or Fruit Juice	Mixed Salad w/ Carrots
	Dinner Roll

*Cycle 2, Day 7*

Stone Ground Grits	Fish Tacos w/
Turkey Sausage Patty	Baja Dressing
Fresh Fruit or Fruit Juice	Broccoli Slaw
	Steamed Corn

*Cycle 2, Day 8*

WG Blueberry Pancake	Red Beans w/ Rice
Fresh Fruit or Fruit Juice	Collard Greens
	Combread

*Cycle 2, Day 9*

Turkey Bacon Egg Wrap	Stewed Chicken Thigh
w/ Shredded Cheese	Brown Rice
Fresh Fruit or Fruit Juice	Glazed Carrots
	Cauliflower Bake

*Cycle 2, Day 10*

Cinnamon Roll w/ Icing	Hamburger
Fresh Fruit or Fruit Juice	French Fries
	Lettuce, Tomato, Pickle
	Ketchup

*Cycle 3, Day 11*

Apple Cinnamon Cereal	BBQ Chicken Thigh
Cheese String	Mixed Salad w/ Carrots
Fresh Fruit or Fruit Juice	Oriental Rice
	Baked Beans
	Whole Wheat Biscuit





► *What's In Season This Month!!*

 Corn	 Apples	 Eggplant
- Bell peppers	- Kiwi	- Pluots
- Blackberries	- Melons	- Raspberries
- Blueberries	- Nectarines	- Strawberries
- Cantaloupe	- Okra	- Summer Squash
- Celery	- Peaches	- Tomatoes
- Cucumbers	- Pears	- Watermelon
- Grapes	- Peas	
- Green Beans	- Plums	

<i>Breakfast</i>	<i>Lunch</i>
<i>Cycle 3, Day 12</i>	
WG Biscuit w/ Butter	Jambalaya
Turkey Sausage Link	Green Peas
Fresh Fruit or Fruit Juice	Steamed Green Beans
	Oatmeal Raisin Cookie
<i>Cycle 3, Day 13</i>	
WG Waffles w/ Syrup	Turkey Tacos w/
Fresh Fruit or Fruit Juice	Lettuce, Pinto Beans, Cheese, & Salsa
<i>Cycle 3, Day 14</i>	
Egg & Cheese Sandwich	Baked Ziti
Fresh Fruit	Steamed Corn
Fruit Juice	Wheat Roll
<i>Cycle 3, Day 15</i>	
French Toast Sticks	Grilled Chicken Breast
Fresh Fruit or Fruit Juice	On a Whole Wheat Bun
	Lettuce, Tomato, Pickle
	Honey Mustard Dressing
	Squash Tomato Bake
<i>Cycle 4, Day 16</i>	
Cinnamon Toast Cereal	Red Beans w/ Brown Rice
Cheese String	Collard Greens
Fresh Fruit or Fruit Juice	Corn Bread

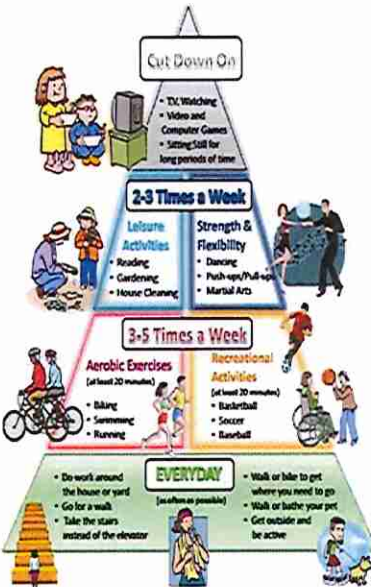
<i>Breakfast</i>	<i>Lunch</i>
<i>Cycle 4, Day 17</i>	
Eggs Fiesta	Calzone
WG Biscuit w/ Butter	French Fries w/ Ketchup
Fresh Fruit or Fruit Juice	Carrot Soufflé
<i>Cycle 4, Day 18</i>	
WG Waffles w/ Syrup	Shepherd's Pie Mac 'n' Cheese
Fresh Fruit or Fruit Juice	Marinated Cucumber
	Steamed Broccoli
	Wheat Roll
<i>Cycle 4, Day 19</i>	
WG Biscuit w/ Jelly	Lasagna
Fresh Fruit or Fruit Juice	Steamed Green Beans
	Garlic Bread
<i>Cycle 4, Day 20</i>	
Cinnamon Raisin Bagel	Chicken, Sausage, &
Fresh Fruit or Fruit Juice	Okra Gumbo w/ Rice
	Wheat Crackers
	Mixed Salad
<i>Cycle 5, Day 21</i>	
Strawberry Yogurt	Pulled Pork
WG Dippers	Baked Beans
Fresh Fruit	Mixed Salad
Fruit Juice	Macaroni & Cheese

*Healthier Choices,  
Makes A Healthier You!*

*Tip # 1: Get Real With your Food*

Real Food is defined as food in its most natural state. Try choosing a variety of fresh fruits and vegetables, 100% whole grain or whole wheat products, unsweetened dairy products, and snacks like dried fruits, seeds, or unsalted nuts. Try to reduce your intake of refined grains (White flour or rice), refined sweeteners (sugar, corn syrup, or artificial), deep fried, or fast foods.

*Staying Active!*



Balancing healthy eating with physical activity is very important in keeping a healthy lifestyle. When you exercise at least 60 minutes a day, you lower your risks for obesity or type 2 diabetes, improve your strength and balance so you can prevent injuries and do daily activities with ease, reduce symptoms of depression and stress, and improve your ability to think, learn, and make decisions.

*Mid City  
Early Learning  
Center*