

MENUS FOR AUGUST & SEPT. 2019

**BOOKER T
WASHINGTON**

This institution is an equal opportunity provider. Menus are subject to change.

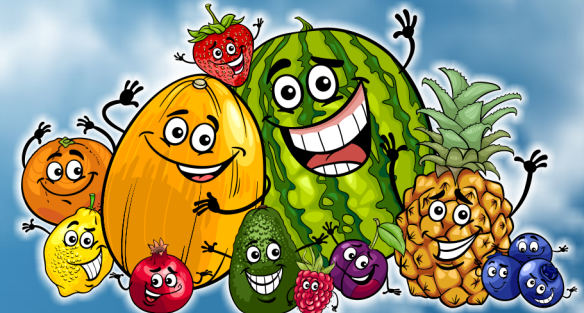


Welcome Back
for **FOOD, FUN, & FITNESS!**



**What's on
YOUR
plate?**

**Try to eat a
RAINBOW
of different colors!**



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

Monday, August 26

BREAKFAST

Honey Scooters
Grahams
Unsweetened Applesauce
100% Juice
Milk

LUNCH

Chicken Tenders
WG Biscuit
Zucchini
Fresh Fruit
Skim or 1% Low Fat Milk

Tuesday, August 27

BREAKFAST

Blueberry Muffin
Cheese Stick
Pineapple Tid Bits
100% Juice
Milk

LUNCH

Turkey Burger on WG Roll
Mixed Vegetables
Mandarin Oranges
Skim or 1% Low Fat Milk

Wednesday, August 28

BREAKFAST

Bagel-Ful
Mixed Fruit Cup
100% Juice
Milk

LUNCH

WG Baked Ziti
Cucumbers
Fresh Fruit
Skim or 1% Low Fat Milk

Thursday, August 29

BREAKFAST

Frosted Flakes
Hard-cooked Egg
Raisins
100% Juice
Milk

LUNCH

Boneless BBQ Rib on WG Roll
Baked Beans
Pears
Skim or 1% Low Fat Milk

Friday, August 30

BREAKFAST

Cinnamon Toast Crunch
Peaches
100% Juice
Milk

LUNCH

Grilled Chicken w/Bread Slice
WG Rice and Beans
Corn Salad
Apricots
Skim or 1% Low Fat Milk

HAPPY LABOR DAY!



Try not to be BLUE
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!

Tuesday, Sept. 3

BREAKFAST

Trix
Cheese Stick
Unsweetened Strawberry
Applesauce
100% Juice
Milk

LUNCH

WG Chicken Parm & Pasta
Tossed Salad
Peaches
Skim or 1% Low Fat Milk

Wed., Sept. 4

BREAKFAST

GM Cinnamon Cereal Bar
Sunflower Kernels
Fresh Fruit
100% Juice
Milk

LUNCH

Salisbury Steak w/Gravy
WG Bread Slice
Mashed Potatoes
Fresh Fruit
Skim or 1% Low Fat Milk

Thursday, Sept. 5

BREAKFAST

Cinnamon Toast Crunch
Raisins
100% Juice
Milk

LUNCH

Chicken Teriyaki Dippers
Veggie Fried Rice
Beet Salad
Pineapple
Skim or 1% Low Fat Milk

Friday, Sept. 6

BREAKFAST

Banana Muffin
Sunbutter Cup
Unsweetened Applesauce
100% Juice
Milk

LUNCH

WG Saucy Meatball Sub
Broccoli
Fresh Fruit
Skim or 1% Low Fat Milk

NUTRITION TO GO

Despite persistent urban legends to the contrary, eating a watermelon seed will not cause a plant to sprout in your stomach! And, anyway, most of the watermelons sold today are seedless. That's too bad - the seeds roasted with a little olive oil and salt are a crunchy snack loaded with protein and other nutritious goodies!

A QUICK BITE FOR PARENTS

Monday, Sept. 9

BREAKFAST

Frosted Flakes
Honey Grahams
Mixed Fruit Cup
100% Juice
Milk

LUNCH

WG Cheese Ravioli
WG Bread Slice
Carrots
Fresh Fruit
Skim or 1% Low Fat Milk

Tuesday, Sept. 10

BREAKFAST

Honey Scooters
Cheese Stick
Unsweetened Cinnamon
Applesauce
100% Juice
Milk

LUNCH

Swedish Meatballs w/WG Pasta
Tossed Salad
Fresh Fruit
Skim or 1% Low Fat Milk

Wed., Sept. 11

BREAKFAST

Chocolate Mini Wheats
Hard-cooked Egg
Fresh Fruit
100% Juice
Milk

LUNCH

Cheeseburger on WG Bun
Tater Tots
Pears
Skim or 1% Low Fat Milk

Thursday, Sept. 12

BREAKFAST

Vanilla Yogurt
Granola
Pineapple Tid Bits
100% Juice
Milk

LUNCH

BBQ Grilled Chicken
Brown Rice
Seasoned Beans
Fresh Fruit
Skim or 1% Low Fat Milk

Friday, Sept. 13

BREAKFAST

Cinnamon Frosted Flakes
Grahams
Raisins
100% Juice
Milk

LUNCH

Turkey w/Gravy
WG Dinner Roll
Corn
Applesauce
Skim or 1% Low Fat Milk

KIDS! Join us daily for the original value meal!

All of our complete meals are always

NO CHARGE for all students

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

Monday, Sept. 16

BREAKFAST

Blueberry Muffin
Honey Grahams
Mixed Fruit Cup
100% Juice
Milk

LUNCH

WG Beef Taco
Fiesta Corn
Pineapple
Skim or 1% Low Fat Milk

Tuesday, Sept. 17

BREAKFAST

Cinnamon Toast Crunch
Unsweetened Applesauce
100% Juice
Milk

LUNCH

Turkey w/Gravy
WG Bread Slice
Sweet Potatoes
Fresh Fruit
Skim or 1% Low Fat Milk

Wed., Sept. 18

BREAKFAST

Frosted Flakes
Sunflower Kernels
Fresh Fruit
100% Juice
Milk

LUNCH

Grilled Chicken w/Gravy on WG Bun
Green Beans
Fresh Fruit
Skim or 1% Low Fat Milk

Thursday, Sept. 19

BREAKFAST

Strawberry Bagel-Ful
Raisins
100% Juice
Milk

LUNCH

WG Meatball Pasta Marinara
Tossed Salad
Pears
Skim or 1% Low Fat Milk

Friday, Sept. 20

BREAKFAST

Trix
Grahams
Unsweetened Strawberry
Applesauce
100% Juice
Milk

LUNCH

Chicken Nuggets
WG Bread Slice
Broccoli
Fresh Fruit
Skim or 1% Low Fat Milk

Monday, Sept. 23

BREAKFAST

Hadley Farms Raspberry Cream
Cereal Bar
Sunflower Kernels
Raisins
100% Juice
Milk

LUNCH

BBQ Chicken Dippers
WG Dinner Roll
Baked Beans
Mandarin Oranges
Skim or 1% Low Fat Milk

Tuesday, Sept. 24

BREAKFAST

Honey Scooters
Granola
Unsweetened Cinnamon
Applesauce
100% Juice
Milk

LUNCH

WG Mac & Cheese
WG Bread Slice
Broccoli
Peaches
Skim or 1% Low Fat Milk

Wed., Sept. 25

BREAKFAST

Cinnamon Toast Crunch
Grahams
Unsweetened Applesauce
100% Juice
Milk

LUNCH

Meatloaf
WG Bread Slice
Mashed Potatoes
Fresh Fruit
Skim or 1% Low Fat Milk

Thursday, Sept. 26

BREAKFAST

Raspberry/Cherry Blend Yogurt
Sunflower Kernels
Fresh Fruit
100% Juice
Milk

LUNCH

Chicken a la King
WG Dinner Roll
Peas & Carrots
Fresh Fruit
Skim or 1% Low Fat Milk

Friday, Sept. 27

BREAKFAST

Frosted Flakes
Hard-cooked Egg
Raisins
100% Juice
Milk

LUNCH

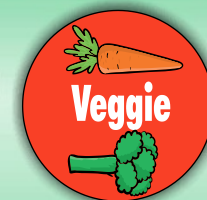
Cheeseburger on WG Bun
Baked Beans
Pineapple
Skim or 1% Low Fat Milk

DON'T 4 GET!

To make a lunch, choose at least one



or



and 3-5 items total

NEW HAVEN SCHOOL DISTRICT FOOD SERVICES