

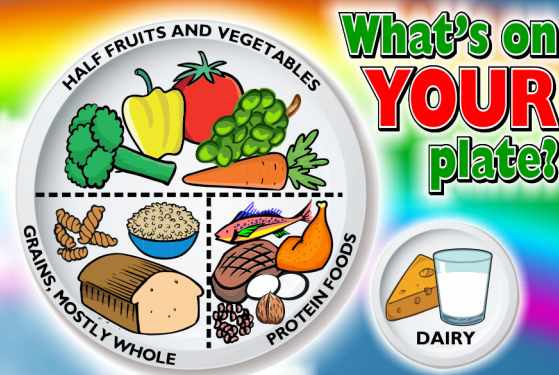
MENUS FOR SEPTEMBER 2019

MONTESSORI AT EDGEWOOD

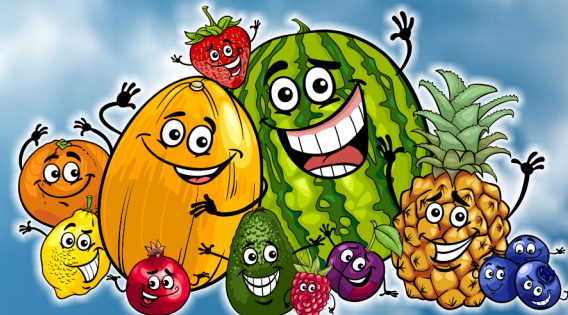
This institution is an equal opportunity provider. Menus are subject to change.



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



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



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

Our program is Peanut/Tree nut, Pork, and Shellfish free!

- ⇒ All of our grain items are Whole Grain
- ⇒ Items marked with (**) are Vegetarian



It's normal for anyone to feel a little sad now and then, but no one should have to live with sadness all the time, so that feeling happy seems impossible. Reach out. Joy might need a little help to break through.

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

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	Wed., Sept. 4	Thursday, Sept. 5	Friday, Sept. 6
<p>BREAKFAST WG English Muffin Orange Wedges Milk</p>	<p>BREAKFAST WG Pancakes Applesauce Milk</p>	<p>BREAKFAST WG Kix Apples Milk</p>	<p>BREAKFAST WG Mini Bagel Cream Cheese Mixed Fruit Milk</p>
<p>LUNCH WG Chicken Parm & Pasta Tossed Salad Peaches Skim or 1% Low Fat Milk</p>	<p>LUNCH Salisbury Steak w/Gravy WG Bread Slice Mashed Potatoes Fresh Fruit Skim or 1% Low Fat Milk</p>	<p>LUNCH Chicken Teriyaki Dippers Veggie Fried Rice Beet Salad Pineapple Skim or 1% Low Fat Milk</p>	<p>LUNCH WG Saucy Meatball Sub Broccoli Fresh Fruit Skim or 1% Low Fat Milk</p>

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

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. 9
BREAKFAST
 WG Cheerios
 Pineapple
 Milk

LUNCH
 WG Cheese Ravioli
 California Blend
 Fresh Fruit
 Skim or 1% Low Fat Milk

Tuesday, Sept. 10
BREAKFAST
 WG Waffle
 Applesauce
 Milk

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

Wed., Sept. 11
BREAKFAST
 WG Cereal
 Peaches
 Milk

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

Thursday, Sept. 12
BREAKFAST
 Egg Patty w/WG Bread
 Mixed Fruit
 Milk

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

Friday, Sept. 13
BREAKFAST
 WG Apple Muffin
 Fresh Fruit
 Milk

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

Monday, Sept. 16
BREAKFAST
 WG Kix
 Fresh Fruit
 Milk

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

Tuesday, Sept. 17
BREAKFAST
 French Toast Sticks
 Peas
 Milk

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

Wed., Sept. 18
BREAKFAST
 WG Mini Bagel w/Cream Cheese
 Orange Wedges
 Milk

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

Thursday, Sept. 19
BREAKFAST
 WG Cheerios
 Fresh Fruit
 Milk

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

Friday, Sept. 20
BREAKFAST
 WG Pancakes
 Applesauce
 Milk

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

Monday, Sept. 23
BREAKFAST
 WG Corn Flakes
 Fresh Fruit
 Milk

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

Tuesday, Sept. 24
BREAKFAST
 WG Waffle
 Applesauce
 Milk

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

Wed., Sept. 25
BREAKFAST
 Egg Patty w/WG Bread
 Cantaloupe
 Milk

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

Thursday, Sept. 26
BREAKFAST
 WG English Muffin
 Mandarin Oranges
 Milk

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

Friday, Sept. 27
BREAKFAST
 WG Rice Krispies
 Fresh Fruit
 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

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice and **3-5 items total** **Vegetables**

NEW HAVEN SCHOOL DISTRICT FOOD SERVICES