

# WELCOME to 2020-2021

K8 Menu  
August and September 2020

New Haven Public Schools

*This institution is an equal opportunity provider.*



## SEPTEMBER BIRTHDAYS

- Zendaya Coleman (17) -- Sept. 1
- Richard Wright -- Sept. 4
- Beyonce (32) -- Sept. 4
- F. Scott Fitzgerald -- Sept. 24
- Google (15) -- Sept. 27
- Serena Williams (32) -- Sept. 26



Thurs, September 3

Turkey Ham & Cheese  
on a bun

Choice of Two  
100% Juice  
Fresh Orange

Choice of Milk  
Skim or 1% Low Fat

Friday, September 4

Lunchables Pizza

Choice of Two  
100% Juice  
Apple Slices

Choice of Milk  
Skim or 1% Low Fat



## AUGUST BIRTHDAYS

- Tom Brady (38) -- August 3
- Barack Obama (54) -- August 4
- Charlize Theron (40) -- August 7
- Alex Haley -- August 11
- Althea Gibson -- August 25
- Maria Montessori -- August 31



Mon, September 7



Tues, September 8

Cheeseburger Sliders  
or  
Turkey & Cheese Stick  
Plate

Choice of Two  
Oven Potatoes  
Watermelon Slice

Choice of Milk  
Skim or 1% Low Fat

Wed, September 9

Roasted Chicken &  
Waffles or Turkey &  
Cheese Stick Plate

Choice of Two  
Orange Juice  
Corn on the Cob

Choice of Milk  
Skim or 1% Low Fat

Thurs, September 10

BBQ Beef Rib Sliders  
on a Bun or  
Turkey & Cheese Stick  
Plate

Choice of Two  
Sweet Potatoes  
Banana

Choice of Milk  
Skim or 1% Low Fat

Friday, September 11

Cheese Pizza or  
Turkey & Cheese Stick  
Plate

Choice of Two  
Romaine Salad  
Apple

Choice of Milk  
Skim or 1% Low Fat



9/11/2001 ♦ We Remember

Mon, September 14

**Cheeseburger On a Bun or Turkey & Cheese Stick Plate**

Choice of Two  
**Orange Juice**  
**Oven Potatoes**

Choice of Milk  
**Skim or 1% Low fat**

Tues, September 15

**Meatball Sub or Turkey & Cheese Stick Plate**

Choice of Two  
**Green Beans**  
**Watermelon Slice**

Choice of Milk  
**Skim or 1% Low fat**

Wed, September 16

**Roasted Chicken & Waffles or Turkey & Cheese Stick Plate**

Choice of Two  
**Apple Slices**  
**Corn on the Cob**

Choice of Milk  
**Skim or 1% Low Fat**

Thurs, September 17

**Chicken Teriyaki Veggie Fried Rice or Turkey & Cheese Stick Plate**

Choice of Two  
**Steamed Broccoli**  
**Fruit Juice**

Choice of Milk  
**Skim or 1% Low Fat**

Friday, September 18

**Cheese Pizza or Turkey & Cheese Stick Plate**

Choice of Two  
**Romaine Salad**  
**Peaches**

Choice of Milk  
**Skim or 1% Low fat**

# GOOD MORNINGS.



A child might go 14 hours between dinner and breakfast. And when kids "break" their long "fast" with a healthy morning meal, they pay better attention in school. Behave better. Participate more. Perform better in the classroom. And even score higher on standardized tests. Make every morning good with breakfast!

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



## Eyes and Ears!

Sweet, fresh corn is like summer on a plate! And these delicious ears are also good for your eyes. Two anti-oxidants found in corn help your eyes filter out some of the sun's damaging rays and may also help protect against "macular degeneration," the leading cause of blindness later in life.



Mon, September 21

**Cheeseburger on a bun or Turkey & Cheese Stick Plate**

Choice of Two  
**Oven Baked Sweet Potato Wedges**  
**Apple Slices**

Choice of Milk  
**Skim or 1% Low fat**

Tues, September 22

**WG Toasted Cheese or Turkey, Hummus & Cheese Stick Plate**

Choice of Two  
**Baby Carrots**  
**100% Fruit Juice**

Choice of Milk  
**Skim or 1% Low fat**

Wed, September 23

**BBQ Pulled Turkey Sub or Turkey & Cheese Stick Plate**

Choice of Two  
**Local Corn on the Cob**  
**Watermelon Slice**

Choice of Milk  
**Skim or 1% Low**

Thurs, September 24

**Pasta & Meat Sauce & Roll or Turkey & Cheese Stick Plate**

Choice of Two  
**Green Beans**  
**Peach Cup**

Choice of Milk  
**Skim or 1% Low fat**

Friday, September 25

**French Bread Pizza Or Turkey & Cheese Stick Plate**

Choice of Two  
**Garden Romaine Salad**  
**Fresh Apple**

Choice of Milk  
**Skim or 1% Low Fat**



**No School or Meals**

Tues, September 29

**Roasted Chicken & Waffle or Turkey & Cheese Stick Plate**

Choice of Two  
**Steamed Corn**  
**100% Fruit Juice**

Choice of Milk  
**Skim or 1% Low fat**

Wed, September 30

**Chicken Teriyaki Veggie Fried Rice Or Turkey & Cheese Stick Plate**

Choice of Two  
**Steamed Broccoli**  
**Watermelon Slice**

Choice of Milk  
**Skim or 1% Low fat**

Thurs, October 1

**Meatball Sub or Turkey & Cheese Stick Plate**

Choice of Two  
**Romaine Salad**  
**Banana**

Choice of Milk  
**Skim or 1% Low fat**

Friday, October 2

**Cheese Pizza or Turkey & Cheese Stick Plate**

Choice of Two  
**Carrot Sticks**  
**Peaches**

Choice of Milk  
**Skim or 1% Low fat**

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)