

Menus for August & September

Manzanita
School



AVAILABLE DAILY
Cheerio cereal with graham cracker
offered as an option at
breakfast.
Deli sandwich and yogurt
bundle
offered as an option at lunch.

NUTRITION *TO GO*

Traditionally, Caesar Salad is made with romaine lettuce, a more flavorful and nutritious alternative to iceberg lettuce. Romaine contains seventeen times more vitamin A than iceberg, 50% more vitamin C, twice the calcium and fiber, four times more vitamin K, and ten times more beta carotene. It's very high in folic acid, too.

A QUICK BITE FOR PARENTS

Monday, August 31

Breakfast

Muffin
Juice, Fruit and
Milk

Lunch

Chicken Nuggets
and
Sun Chips
Milk, Fruit, Veggie,
and
Salad Bar

Tuesday, September 1

Breakfast

Omelet and Hash
brown
Juice, Fruit and
Milk

Lunch

Mac-N-Cheese
and
Bread stick
Milk, Fruit, Veggie,
and

Wednesday, September 2

Breakfast

Mini Waffles
Juice, Fruit and
Milk

Lunch

Bruch for lunch
Pancake, Sausage
and hash brown
Milk, Fruit, Veggie,
and
Salad Bar

Thursday, September 3

Breakfast

French Toast
Juice, Fruit and
Milk

Lunch

Chicken Burger
and Nachos
Milk, Fruit, Veggie,
and
Salad Bar

Friday, September 4

Breakfast

Variety of Cereal
Juice, Fruit and
Milk

Lunch

French Bread
Pizza
Milk, Fruit, Veggie,
and
Salad Bar

Monday, September 7



**HAPPY
★ LABOR DAY ★
NO SCHOOL**

Tuesday, September 8

Breakfast

Cini-Mini
Juice, Fruit and
Milk

Lunch

PB&J sandwich,
Cheese stick, and
crackers
Milk, Fruit, Veggie,
and
Salad Bar

Wednesday, September 9

Breakfast

Benefit Bar
Juice, Fruit and
Milk

Lunch

Corn Dog and
Fava Beans
Milk, Fruit, Veggie,
and
Salad Bar

Thursday, September 10

Breakfast

Mini Pancakes
Juice, Fruit and
Milk

Lunch

Spaghetti and
Bread Stick
Milk, Fruit, Veggie,
and
Salad Bar

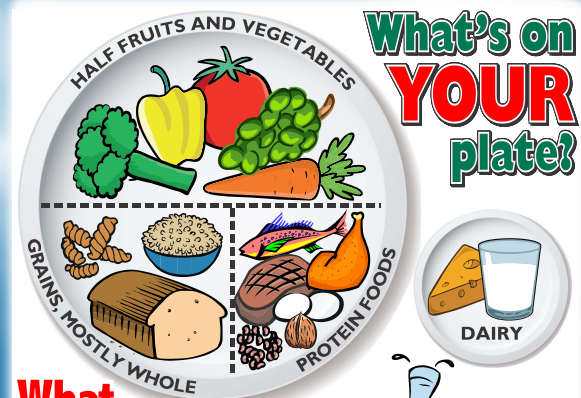
Friday, September 11

Breakfast

Variety of Cereal
Juice, Fruit and
Milk

Lunch

Rectangle Pizza
Milk, Fruit, Veggie,
and
Salad Bar



**What
did
the
tightrope
walker
put on his
plate?**

A WELL-BALANCED MEAL! And you should, too!
Eating lots of different kinds of food is one of the
best ways to stay healthy. Just follow the advice on the
My Plate graphic and you'll never lose your balance!
Learn more at www.MYPLATE.gov or
<https://kidshealth.org/en/kids/nutrition/food/>

Monday, September 14

Breakfast
Bagel with cream
cheese
Juice, Fruit and
Milk

Lunch
Mac-N-Cheese
and
Bread stick
Milk, Fruit, Veggie,
and

Tuesday, September 15

Breakfast
Strawberry Glazed
Scone
Juice, Fruit and
Milk

Lunch
Orange Chicken
and Rice
Beans
Milk, Fruit, Veggie,
and

Wednesday, September 16

Breakfast
French Toast
Juice, Fruit and
Milk

Lunch
Grilled Cheese and
Tots
Milk, Fruit, Veggie,
and
Salad Bar

Thursday, September 17

Breakfast
Mini Waffles
Juice, Fruit and
Milk

Lunch
Hamburger and
Baked Chips
Milk, Fruit, Veggie,
and
Salad Bar

Friday, September 18

Breakfast
Variety of Cereal
Juice, Fruit and
Milk

Lunch
French Bread
Pizza
Milk, Fruit, Veggie,
and
Salad Bar

YOU'RE GOOD
ALL STUDENTS EAT
ALL MEALS @ NO COST
AGAIN THIS YEAR

Manzanita School DISTRICT

Monday, September 21

Breakfast
Cini-Mini
Juice, Fruit and
Milk

Lunch
Chicken Nuggets
and
Sun Chips
Milk, Fruit, Veggie,
and
Salad Bar

Tuesday, September 22

Breakfast
Mini Pancakes
Juice, Fruit and
Milk

Lunch
PB&J, Cheese
Stick, and
Crackers
Milk, Fruit, Veggie,
and
Salad Bar

Wednesday, September 23

Breakfast
Benefit Bar
Juice, Fruit and
Milk

Lunch
Hot dog and Chili
Milk, Fruit, Veggie,
and
Salad Bar

Thursday, September 24

Breakfast
Biscuit and Gravy
Juice, Fruit and
Milk

Lunch
Raviolis and Bread
stick
Milk, Fruit, Veggie,
and
Salad Bar

Friday, September 25

Breakfast
Variety of Cereal
Juice, Fruit and
Milk

Lunch
Stuffed Crust
Pizza
Milk, Fruit, Veggie,
and
Salad Bar

10 x 2.

Here's a simple way to
roll a wellness "strike"
twice a day, every day.
Add just 10 minutes
of daily exercise to
whatever you're doing
now. And get to bed just 10 minutes earlier than
usual. Easy formula for improved wellness, right?
Might even improve your bowling game!



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

Monday, September 28

Breakfast
Muffin
Juice, Fruit and
Milk

Lunch
Mac-N-Cheese
and
Bread stick
Milk, Fruit, Veggie,
and
Salad Bar

Tuesday, September 29

Breakfast
Omelet & Hash
brown
Juice, Fruit and
Milk

Lunch
Orange Chicken
and Rice
Milk, Fruit, Veggie,
and
Salad Bar

Wednesday, September 30

Breakfast
Mini Waffles
Juice, Fruit and
Milk

Lunch
Bruch for lunch
Pancake, Sausage
and hash brown
Milk, Fruit, Veggie,
and
Salad Bar



**Every complete meal
we serve comes with
your choice of milk!**

I am the letter



We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!