

Menus for August 2016

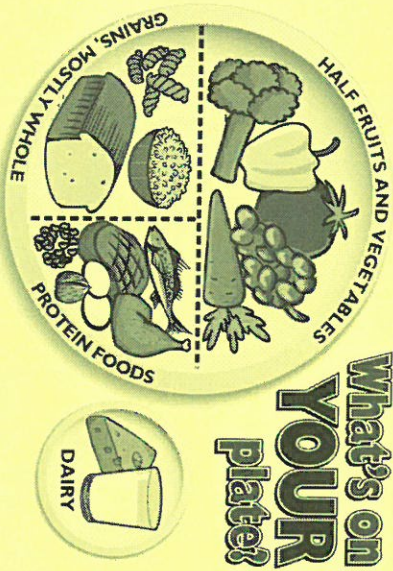
Blessed Sacramento Catholic School



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!



In most parts of the country, it's never easier to fill up your plate with local produce than the warm, golden days of late summer. How much of your plate can you fill with delicious and fresh local fruits and veggies?



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

Monday, August 22

Lunch

- Sausage Pizza
- Grilled Chicken Sandwich
- Popcorn Chicken Salad
- Turkey & Cheese Sandwich
- Green Beans
- Chilled Peaches
- Cold Milk

Tuesday, August 23

Lunch

- Cheesburger
- Croissant Club Sandwich (Ham, Turkey and Bacon)
- Caesar Salad with Goldfish
- Turkey & Cheese Sandwich
- Cooked Carrots
- Chilled Pears
- Cold Milk

Wednesday, August 24

Lunch

- French Toast Sticks with Syrup & Sausage
- Delish Turkey Wrap
- Chef Salad with Goldfish
- Turkey & Cheese Sandwich
- Crisp Potato Rounds
- Orange Smiles
- Cold Milk

Thursday, August 25

Lunch

- Orange Chicken with Fried Rice
- BBQ Rib Sandwich
- Caesar Salad with Goldfish
- Turkey & Cheese Sandwich
- Fresh Broccoli
- Pineapple Tidbits
- Fortune Cookie
- Cold Milk

Friday, August 26

Lunch

- Taco Salad (Nacho Chips, Lettuce, Cheese & Taco Meat)
- Hot Ham & Cheese on Bun
- Chef Salad with Goldfish
- Turkey & Cheese Sandwich
- Refried Beans
- Cool Applesauce
- Cold Milk

Thursday, August 18

Early Dismissal
No Lunch

Friday, August 19

Early Dismissal
No 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.

ATASTY MORSEL FOR PARENTS