

Nutrition Across the Curriculum

September 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

30	31	1	2	3	4 No School	5
6	7 No School	8 Cheeseburger Pickle Potatoes Pineapple	9 Breakfast Sandwich Hash Brown Eggs Baked Apples	10 Grilled Chicken Salad Banana	11 Cheese Pizza Veggie Fruit	12
13	14 Penne Pasta Zucchini Applesauce	15 Turkey Sandwich Carrot Sticks Mandarin Oranges	16 Mexican Rice Black Beans & Corn Chips & Salsa Apricots	17 Egg Salad Pita Cucumbers Grapes	18 Peperoni Pizza Veggie Fruit	19
20	21 Potato Soup Salad Tropical Fruit	22 Taco Tuesday Rice Corn Pineapple	23 Johnny Marzetti Green Beans Pears	24 Macaroni & Cheese Broccoli Apple	25 Sausage Pizza Veggie Fruit	26
27	28 Sausage & Rice Casserole Celery Oranges	29 Chicken Stir Fry Fruit Cocktail	30 Baked Potato Salad Grapes			

An apple a day keeps the doctor away. – Benjamin Franklin