

# Nutrition Across the Curriculum

# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 Cheeseburger French Fries Corn Peaches	31 Penne Pasta Green Beans Applesauce	1 French Toast Sticks Hash Brown Sausage Pears	2 Grilled Cheese Tomato Soup Apricots	3 <b>No School</b>	4
5	6 <b>No School</b>	7 Cheesy Chicken & Rice Carrots Tropical Fruit	8 Pulled Pork Sandwich Roasted Potatoes Baked Apples	9 Grilled Chicken Salad Banana	10 Cheese Pizza Veggie Fruit	11
12	13 Turkey Sandwich Spinach salad Applesauce	14 Johnny Marzetti Carrot Sticks Mandarin Oranges	15 Burrito Bowl Black Beans & Corn Chips & Salsa Apricots	16 Egg Salad Pita Cucumbers Grapes	17 Peperoni Pizza Veggie Fruit	18
19	20 Potato Soup Salad Tropical Fruit	21 Mexican Rice Corn Pineapple	22 Chicken Nuggets Green Beans Pears	23 Macaroni & Cheese Broccoli Apple	24 Sausage Pizza Veggie Fruit	25
26	27 Pasta Alfredo Broccoli Oranges	28 Chicken Stir Fry Fruit Cocktail	29 Chicken Noodle Soup Cauliflower Grapes	30 Chef Salad Apple		

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