Harris Elementary

Lunch Menu

Menu subject to change

without notice

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SEPTEMBER 2012

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
LABOR DAY	Breaded chicken sandwich Buttered corn Diced peaches	Cheese pizza Banana Sweet potato waffle fries	Chicken soft taco Orange half Garlic kale	Mini corn dogs Flavored applesauce Green beans
10	11	12	13	14
Popcorn chicken Fruit cocktail Oatmeal cream pie Jumpin' chickpeas	Mini french toast Sausage patties Tri tater Orange half	Grilled cheese Apple slices Carrot coins	Chicken fajita salad Sliced peaches Roll Buttered corn	Cheeseburger Mandarin oranges Celery boats Goldfish pretzels
17	18	19	20	21
Nachos w/ taco meat Pineapple tidbits Tex Mex beans Chocolate chip cookie	Pulled pork sandwich Mandarin oranges Buttered corn	Pirate Day Pirate earrings (chicken rings) Seaweed salad (spring salad) Cannon balls (orange half) Shark bones(fries)	Pepperoni pizza Sweet potato tots Banana	Turkey fritter sandwich Seasoned green beans Fruit salad
24	25	26	27	28
Chicken nuggets Sliced pears Cheddar goldfish Tuscan bean salad	Hot dog on bun French fries Pineapple tidbits Chocolate chip cookie	Pork chop Mashed potatoes Grapes Green beans Glazed carrots	Turkey Sandwich Mandarin oranges Spring salad Baked Doritos	Flower power patty (chicken patty sandwich) Diced peaches Seasoned cauliflower

September is **National Whole Grains Month**

National Whole Grains Month is a great reminder to carefully read nutrition labels in order to make decisions that increase the amount of heart-healthy grains in your family's snacks and meals. Here are a few tips from *Action for Healthy Kids* to help your children get the whole grains they need:

Buy products whose first ingredient is whole grain, such as *whole-wheat* or *whole-grain* corn. Other whole grains include oats, barley, wild rice, brown rice, and graham.

Top low-fat yogurt with a generous sprinkling of oats, or layer with yogurt, oats, and strawberries to make a fun parfait.

Experiment with lesser-known whole grains, such as amaranth, barley, or protein-packed quinoa. Perhaps you'll find a new family favorite!

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