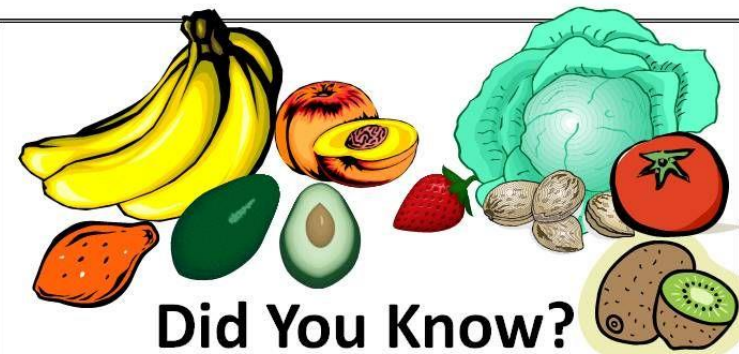




Back to School August 2016

NUTRITION

1	2	3	4	5
8	9	10	11	12
15	16	17 Hamburger Celery Sticks Tossed Salad Ranch/Ketchup Fruit variety	18 Chicken Fajitas Spanish Style Refried Beans Spanish Rice Fruit variety	19 Cheese Pizza Caesar Salad Baby Carrots Confetti Corn Fruit variety
22 Hot Dog Tasty Tots Coleslaw Ketchup/Mustard Orange Fruit Variety	23 Classy Cheeseburger French Fries Sauté Cabbage Ketchup Fruit variety	24 NWC Taco Salad Spanish Style Refried Beans Spanish Rice Fruit variety	25 Chicken Alfredo with a Twist Steamed Broccoli Tossed Salad Dinner Roll Fruit variety	26 Cheese Pizza Caesar Salad Baby Carrots Confetti Corn Fruit variety
29 Chicken Tenders Mashed Potatoes Baked Beans Crackers Fruit Cocktail Choice of Milk	30 Breakfast Lunch Pancakes/Waffles with Sausage Tasty Tots Coin Carrots Syrup/Ketchup Fruit variety	31 Meatball W/ Spaghetti Steamed Broccoli Caesar Salad Dinner Roll Fruit variety	<p>Make sure to take your milk, the choice is yours!</p> 	



Did You Know?

- ✓ The only fruit that has its seeds on the outer skin is the strawberry.
- ✓ The only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any form other than fresh is lettuce.
- ✓ Almonds are members of the peach family.
- ✓ Tomatoes are a fruit.
- ✓ Kiwi is neither a fruit nor a vegetable. It's a flightless bird native to New Zealand. New Zealanders also like to refer to themselves as kiwis, but they find it irritating when we refer to "kiwifruit" as just "kiwi".
- ✓ Bananas, mangoes, peaches, and avocados are pollinated by bats.





August 2016

1	2	3	4	5
What's for				
8	9	10	11	12
Breakfast?				
15	16	17 Banana Muffin Fruit Fruit Juice	18 Bagel & Cream Cheese Fruit Fruit Juice	19 Breakfast Donut Cereal Fruit Juice
22 Cocoa Pops String Cheese Fruit Juice	23 Breakfast Bun Fruit Fruit Juice	24 Trix Cereal Oatmeal Bar Fruit Fresh Juice	25 Chocolate Chip Muffin Fruit Fruit Juice	26 Graham Crackers String cheese Fruit Fruit Juice
29 Cinnamon Toast Crunch Graham Crackers Fruit Fresh Juice	30 Granola Bar Yogurt Fruit Fresh Juice	31 Banana Muffin Fruit Fresh Juice		



Northwest Catering Taking Nutrition to a **New Level!!**



Great Breakfast "Grab-and-Go's"

Who needs cream cheese and croissants? Skip the Cini-minis and cereal bars. Making your own healthy grab-and-go breakfast is a snap. Here are a handful of ideas to get you started. You can probably think of dozens of variations.

- Grab a piece of fruit or handful of berries
- Blend 1/2 cup each of plain low-fat yogurt and orange juice with 1/2 frozen banana and a few frozen strawberries.
- Layer a whole-grain toaster waffle with 1/2 cup plain low-fat yogurt and 1/2 cup berries.
- Scoop 1/2 cup low-fat cottage cheese into a cantaloupe or honeydew half.
- Spread 1 Tbs. peanut butter on whole-wheat bread and wrap it around a banana.
- Stir a spoonful of fruit preserves or a handful of dried fruit, or even a drizzle of maple syrup onto plain instant oatmeal.
- Coat banana with Nutella roll in granola or chopped nuts place on stick and freeze
- Stuff half a whole-wheat pita with 1/2 cup low-fat cottage cheese and sliced peaches, pears, or banana.
- put a slice of cheese and a slice of tomato on an english muffin.
- Combine 1/4 cup low-fat ricotta cheese with 1/2 cup apple sauce and a dash of cinnamon. Sprinkle with granola or nuts.
- Grab 2 sticks of string cheese
- toss a cup of your favorite cereal into a ziplock baggie.
- Add fresh fruit or cereal (like raisin bran or low-fat granola) to plain low-fat or non-fat yogurt.

take time for **school BREAKFAST**



Menu is subject to change