

AUGUST - SEPTEMBER 2019 LUNCH MENU

Lyman Gilmore School

WELCOME BACK TO SCHOOL



Local Farm to School:



Cherry Tomatoes featured this month are from Farmer Bri in collaboration with the Lyman Gilmore Middle School Soil Science Class






Reasons to Eat Tomatoes

Eating a ½ cup of sliced tomatoes is a good way to get vitamin C and vitamin A. Tomatoes are also a great source of lycopene. Lycopene can help keep your heart and immune system healthy. Your body cannot make lycopene so you need to get it from most red fruits and vegetables.



*** Meal Application Deadline ***

Just a reminder that eligibility for free or reduced price meals will expire soon automatically if your school does not receive a new meal application. Please contact your school office or food service staff for more information.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			AUGUST 14 BEAN & CHEESE BURRITO SALAD APPLE	15 CHEESY BREAD BITES MARINARA SAUCE VEGGIES & RANCH DIP BLUEBERRIES	16 HAM & CHEESE SANDWICH* LETTUCE & PICKLE FRUIT CORN CHIPS
19	GRILLED CHEESE ✓ VEGGIES & RANCH DIP APPLE	20 PEPPERONI PIZZA* VEGGIE SALAD FRESH FRUIT	21 MINI CHEESEBURGERS LETTUCE & PICKLE BABY CARROTS FRUIT	22 CHICKEN TENDERS POTATO ROUNDS CHERRY TOMATOES 100% FRUIT JUICE & ROLL	23 BBQ HONEY RIB DIPPERS* BBQ BEANS BANANA CORNMEAL SUPERSTAR
26	CHICKEN SANDWICH LETTUCE & PICKLE POTATO WEDGES CRAISINS	27 CHEESE PIZZA ✓ VEGGIES & RANCH DIP FRESH FRUIT TROPICAL JELL-O	28 CORN DOG TWO BEAN SALAD CHERRY TOMATOES APRICOTS	29 CHEESY BREAD BITES ✓ MARINARA SAUCE FRESH VEGGIES MIXED BERRIES	30 TURKEY & CHEESE SANDWICH LETTUCE & PICKLE FRUIT & CHIPS
SEPTEMBER 2	Labor Day	3 LOCAL DOMINO'S PIZZA ✓ PEPPERONI or CHEESE 	4 TACO POCKET FRESH VEGGIES FRESH PEACH COOKIES N CREAM PUDDING	5 CHICKEN TENDERS ✓ POTATO ROUNDS CHERRY TOMATOES 100% FRUIT JUICE & ROLL	6 TERIYAKI CHICKEN VEGETABLE & RICE BOWL BANANA FORTUNE COOKIE
9	CHICKEN SANDWICH LETTUCE & PICKLE BBQ BEANS PLUM	10 CHEESE PIZZA ✓ VEGGIES & RANCH DIP FRESH FRUIT	11 MINI CHEESEBURGERS LETTUCE & PICKLE CHERRY TOMATOES NECTARINE	12 CHEESY BREAD BITES ✓ MARINARA SAUCE VEGGIES & RANCH DIP BLUEBERRIES	13 HAM & CHEESE SANDWICH* LETTUCE & PICKLE FRUIT CORN CHIPS
16	NEW! ✓ NACHO PRETZEL POCKET FRESH VEGGIES PEACH CUP	17 PEPPERONI PIZZA* VEGGIE SALAD APPLE	18 ✓ BEAN & CHEESE BURRITO FRESH VEGGIES FRUIT CHOCOLATE CHIP BAR	19 CHICKEN TENDERS BBQ BEANS CHERRY TOMATOES 100% FRUIT JUICE & ROLL	20 PANCAKE BRUNCH BERRY TOPPING SAUSAGE* & TATER TOTS ORANGE SMILES
23	CHICKEN SANDWICH LETTUCE & PICKLE POTATO WEDGES PLUM	24 CHEESE PIZZA ✓ VEGGIES & RANCH DIP FRESH FRUIT	25 CORN DOG TWO BEAN SALAD CHERRY TOMATOES APRICOTS	26 BBQ HONEY RIB DIPPERS* BBQ BEANS BANANA CORNMEAL SUPERSTAR	27 TURKEY & CHEESE SANDWICH LETTUCE & PICKLE FRUIT & CHIPS
Choice of 1% unflavored milk or non-fat chocolate milk *May contain pork ✓ vegetarian Menu Subject to Change without notice					

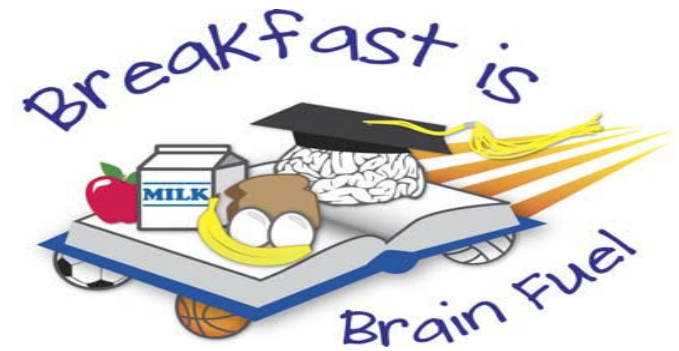
***** LOCAL DOMINO'S PIZZA SERVED THE FIRST TUESDAY OF EVERY MONTH *****

School Lunch ~ Balanced Nutrition, Reasonably Priced!

Did you know? School meals contain ALL of the five food groups; protein, whole grains, vegetable, fruit and dairy. School meal items are baked, never fried, contain no added trans-fats, low sodium and BEST OF ALL ARE KID FRIENDLY!

For more information and other interesting School & Nutrition Information visit our website at: WWW.NEVADACOUNTYCNS.COM

BREAKFAST MENU **FALL 2019**



WHY SCHOOL BREAKFAST?

School breakfast offers several connections to learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time and students who eat a healthy breakfast are better able to focus on classroom lessons.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ASSORTED CEREAL CHEESE STICK FRUIT and/or 100% FRUIT or VEG JUICE MILK	BREAKFAST BAR FRUIT and/or 100% FRUIT or VEG JUICE MILK	BAGEL AND CREAM CHEESE FRUIT and/or 100% FRUIT or VEG JUICE MILK	BREAKFAST ROLLS OR MINI CINNIS FRUIT and/or 100% FRUIT or VEG JUICE MILK	POPARTS OR MUFFIN AND CHEESE STICK FRUIT and/or 100% FRUIT or VEG JUICE MILK
<i>Breakfast consists of whole grains and /or protein servings, fruit and milk (no high-fructose corn syrup or growth hormone rBST).</i>				
Menu subject to change without notice.				

WHAT'S FOR SCHOOL BREAKFAST?

Meals served under the School Breakfast Program (SBP) must, by federal law, meet nutrition regulations based on the Dietary Guidelines for Americans and provide one fourth or more of the daily recommended levels for key nutrients that children need for growth and development. School breakfasts are an excellent source of protein, vitamins A and C, calcium, and iron. Foods are baked, not fried, made with low fat or lean ingredients, and include whole grains, fruit or 100% juice, and low fat or fat free milk that make each meal balanced and nutritious. Items offered as part of the School Breakfast Program are low in fat, sugar and salt (sodium) and are offered in portion sizes that are appropriate for children.

BREAKFAST IS BRAIN FUEL

Breakfast is the most important meal of the day because it...

- ~ Strengthens the brain
- ~ Helps establish healthy eating habits
- ~ Offers an opportunity to try new foods
- ~ Improves mood and behavior
- ~ Gives you energy
- ~ Keeps you healthy

Studies show that students who eat breakfast ...

- ~ have improved attendance and less tardiness
- ~ are able to pay attention longer
- ~ demonstrate better behavior in the classroom
- ~ perform better on tests
- ~ make fewer trips to the school nurse
- ~ have a better overall diet
- ~ are more likely to be at a healthy weight

WHEN A STUDENT EATS A NUTRITIOUS BREAKFAST, THEY ARE READY TO LEARN

Don't let your kids miss out on the benefits of a healthy breakfast. If there's no time for breakfast at home, **join us for BREAKFAST at SCHOOL!**

All students can participate; full pay, reduced and free.

"This institution is an equal opportunity provider."