



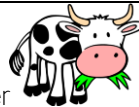


# September 2018

## Baconton Community Charter School

MON	TUE	WED	THU	FRI
<p><b>Eat at school</b> <b>Breakfast and Lunch</b> - "no charge" to student.</p> 	<p>Milk choices available daily.</p> <p>Chef Salad served daily.</p>	 <p><b>BLAZERS</b></p> <p>All menus are subject to change.</p>		 <p>Encourage Healthy Food Choices National Childhood Obesity Awareness Month</p>
<p>3</p> <p><b>Labor Day</b></p> 	<p>4</p> <p>Corndog Ravioli Sauce Baked Beans Sweet Potato Tots Cole Slaw Fresh Fruit</p>	<p>5</p> <p>Hamburger Roast w/roll/Rice/gravy Italian Flat Beans Romaine Salad w/grape tomatoes Fresh Fruit</p>	<p>6</p> <p>Chicken Sandwich Spaghetti w/roll Romaine Salad w/baby carrots Steamed Broccoli Fruit</p>	<p>7</p> <p>Pizza Fish Sandwich WK Corn Romaine w/grape tomato Steamed Carrots Fresh Fruit SS Sugar Cookie</p>
<p>10</p> <p>Steak Nuggets w/roll Philly Steak/cheese Sweet potato fries Green Beans Fresh Fruit Graham Cracker</p>	<p>11</p> <p>Hamburger/WG bun Baked Chicken w/cornbread Romaine/tomato slice Cream Potatoes Turnips/Mustard Fresh Fruit</p>	<p>12</p> <p>Hot Ham/Cheese Sand Beefy Mac w/roll English Peas Romaine Salad Steamed Carrots Fresh Fruit</p>	<p>13</p> <p>Pizza Turkey Salad Romaine/sliced tomato/pickle spear Romaine Salad WK Corn Fresh Fruit</p>	<p>14</p> <p>Hot Dog Chili w/saltines Corn on the cob Baked Beans Cole Slaw Fresh Fruit SS Choc Chip Cookie</p>
<p>17</p> <p>Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit Graham Cracker</p>	<p>18</p> <p>Asian Orange Chicken Hamburger Steak w/roll Rice/Gravy Squash/Onions Baby Carrots w/ranch Steamed Broccoli Fresh Fruit</p>	<p>19</p> <p>Spicy Chicken Sand. Tacos w/chips/cheese Romaine/tomato Refried Beans Green Beans Fresh Fruit Graham Cracker</p>	<p>20</p> <p>BBQ on WG Bun Fish Nuggets w/hushpuppies Grits Cole Slaw Baked Beans Fresh Fruit</p>	<p>21</p> <p>Pizza Chicken Fajita/rice WK Corn Romaine Salad w/diced tomatoes Baby Carrots w/ranch Fresh Fruit SS Candy M&amp;M Cookie</p>
<p>24</p> <p>Corndog Cheese Quesadilla Baked Beans Sweet Potato Tots Cole Slaw Fresh Fruit</p>	<p>25</p> <p>Sloppy Joe on Bun Chicken Nuggets Romaine/tomato Salad Creamed Potatoes Black eyed peas Fresh Fruit</p>	<p>26</p>  <p>Hamburger Roast w/roll/Rice/gravy Italian Flat Beans Romaine Salad w/grape tomatoes Fresh Fruit</p>	<p>27</p> <p>Chicken Sandwich Spaghetti w/roll Romaine Salad w/baby carrots Romaine/tomato slice Steamed Broccoli Fresh Fruit</p>	<p>28</p> <p>Pizza Fish Sandwich WK Corn Romaine w/grape tomato Steamed Carrots Fresh Fruit SS Birthday Cake Cookie</p>

### Routines for healthy eating

Starting a new school year off right includes setting up solid routines for eating well. Help your youngster map out a good strategy for each part of her day.

#### Jump-start the morning

A healthy breakfast prepares your child for a full day of learning. Consider letting her eat breakfast in the school cafeteria. She'll save time and get a balanced meal with whole grains, protein, low-fat dairy, and fruit. *Idea:* Have her make a "breakfast tracker" chart. Every day, she could draw a different-colored star for each food group she ate from.

#### Boost afternoon energy

Your youngster will want a snack to tide her over until dinnertime—make sure it's a nutritious one! She might pack whole-wheat crackers, hummus, and grapes to munch on at after-school care. Or if she comes right home after school, she could eat half of a turkey and tomato sandwich with a glass of milk before she tackles homework.

#### Fuel up at dinner

Try to eat dinner together, even on busy evenings. Fitting dinner prep into your morning routine is one way to make this happen. For example, put chili ingredients into a slow cooker. Another idea is to prepare the night before, perhaps marinating chicken and cutting up vegetables.

*Nutrition Nuggets September 2018*

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### September 26 is World School Milk Day



More than 40 countries celebrate World School Milk Day.

**Dairy products are loaded with essential vitamins and minerals, including carbohydrates, protein, calcium, phosphorus, potassium, vitamins A, D, B12, riboflavin and niacin. Just one 8-ounce serving of milk has 8 grams of protein which builds and repairs muscle tissue. Great for athletes.**