

Food Bytes

Did you know it's Fruits & Veggies—More Matters™ Month? A perfect time to enjoy all the fruits and veggies grown locally. OSSE's Farm to School Program assists schools in procuring and serving local foods by incorporating farm to school concepts into the school environment through teacher training, technical assistance, and District-wide events such as Growing Healthy Schools Month and Strawberries and Salad Greens Day. Plan now to participate and celebrate Farm to School Month.

Nutrilink: Visit

<http://www.farmtoschool.org/>

for ideas to celebrate farm to school.

And <https://www.dcgreens.org/resources/>

For information where to find fresh fruit and vegetable in you neighborhood

Do You Walk to School?


Kids all over the world will walk, bike or roll in a wheel chair to school on Walk to School Day October 10. Plan an event for your school. Here are some tips to help:

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Nutrilink: www.walkbiketoschool.org

Breakfast September 2018

Top Spanish Catering, Inc.

Monday, September 3	Tuesday, September 4	Wednesday, September 5	Thursday, September 6	Friday, September 7
NO SCHOOL 	Assorted Whole Grain Cereal Fresh Strawberries	Whole Grain Apple or Banana Muffin 100% Fruit Juice	Whole Grain Waffles Turkey Bacon Mango	Whole Grain Bagels Cream Cheese Fruit Salad
Monday, September 10	Tuesday, September 11	Wednesday, September 12	Thursday, September 13	Friday, September 14
Assorted Whole Grain Cereal Fresh Grapes	French Toast Turkey Sausage Melon	Whole Grain Apple or Banana Muffin 100% Fruit Juice	Whole Grain Waffles Turkey Bacon Watermelon	Hard Boiled Eggs Home Potatoes and Onions Whole Grain Roll Fruit Salad
Monday, September 17	Tuesday, September 18	Wednesday, September 19	Thursday, September 20	Friday, September 21
Assorted Whole Grain Cereal Melon	Whole Grain Waffles Turkey Bacon Mango	Whole Grain Apple or Banana Muffin 100% Fruit Juice	Whole Grain Bagels Cream Cheese Watermelon	English Muffin Turkey Ham American Cheese Fruit Salad
Monday, September 24	Tuesday, September 25	Wednesday, September 26	Thursday, September 27	Friday, September 28
Assorted Whole Grain Cereal Watermelon	French Toast Turkey Sausage Melon	Whole Grain Pancakes Scrambled Eggs 100% Fruit Juice	Whole Grain Apple or Banana Muffin Pineapple	Whole Grain Bagels Cream Cheese Fruit Salad



**NATIONAL
FARM to SCHOOL
NETWORK**
DISTRICT OF COLUMBIA

dcgreens



September

- Fruit & Veggies—More Matters™ Month

- National Childhood Obesity Awareness Month

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK

**** MENU SUBJECT TO CHANGE.

****Daily fruit offered may change depending on availability.

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Lunch September 2018

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Monday, September 3	Tuesday, September 4	Wednesday, September 5	Thursday, September 6	Friday, September 7
NO SCHOOL 	Chicken Drumstick Whole Grain Roll Corn Fresh Oranges	Spaghetti and Meatballs Romaine Lettuce and Tomato Salad Bananas	Chicken Teriyaki/ Chicken Stir Fry Whole Grain Brown Rice and Beans Apples	Turkey Ham Whole Grain Bun Coleslaw Graham Crackers 100% Fruit Juice
Monday, September 10	Tuesday, September 11	Wednesday, September 12	Thursday, September 13	Friday, September 14
Fish Sandwich Whole Grain Bun Broccoli Fresh Oranges	Chicken Nuggets Whole Grain Roll Corn Apples	Beef Tacos Taco Shells Romaine Lettuce and Tomatoes Bananas	Salisbury Steak Marinara Sauce Brown Rice Baked Beans Pears	Turkey Bologna Whole Grain Bun Coleslaw 100% Fruit Juice
Monday, September 17	Tuesday, September 18	Wednesday, September 19	Thursday, September 20	Friday, September 21
Hamburger Beef Patty Whole Grain Bun Oven Fried Potatoes Oranges	Turkey Jambalaya Carrots Apples	Pepperoni Pizza Romaine Lettuce Salad Bananas	Turkey Hot Dogs Hot Dog Roll Baked Beans Pears	Chicken Salad Whole Grain Bun Coleslaw 100% Fruit Juice
Monday, September 24	Tuesday, September 25	Wednesday, September 26	Thursday, September 27	Friday, September 28
Meatloaf Patty Mashed Potatoes Whole Grain Dinner Roll Apples	Spanish Rice with Chicken Black Beans Oranges	Chicken Patty Whole Grain Bun Peas and Carrots Graham Crackers Pears	Spaghetti and Meatballs Romaine Lettuce, and Cucumbers 100% Fruit Juice	Tuna Salad Whole Grain Bun Coleslaw 100% Fruit Juice



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Vegetarian September 2018

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Monday, September 3	Tuesday, September 4	Wednesday, September 5	Thursday, September 6	Friday, September 7
NO SCHOOL 	Vegetarian Patty Whole Grain Roll Corn Fresh Oranges	Spaghetti and Vegetarian Meat Romaine Lettuce and Tomato Salad Bananas	Vegetarian Stir Fry Whole Grain Brown Rice and Beans Apples	Garden Patty Whole Grain Bun Coleslaw Graham Crackers 100% Fruit Juice
Monday, September 10	Tuesday, September 11	Wednesday, September 12	Thursday, September 13	Friday, September 14
Vegetarian Patty Whole Grain Bun Broccoli Fresh Oranges	Vegetable and Vegetarian Meat Stir Fry Whole Grain Roll Corn Apples	Vegetarian Taco Taco Shells Romaine Lettuce and Tomatoes Bananas	Garden Patty Marinara Sauce Brown Rice Baked Beans Pears	Vegetarian Patty Whole Grain Bun Coleslaw 100% Fruit Juice
Monday, September 17	Tuesday, September 18	Wednesday, September 19	Thursday, September 20	Friday, September 21
Garden Patty Whole Grain Bun Oven Fried Potatoes Oranges	Vegetarian Meat and Veggie Jambalaya Carrots Apples	Bean, Tofu and Vegetable Pizza Romaine Lettuce Salad Bananas	Vegetarian Patty Hot Dog Roll Baked Beans Pears	Garden Patty Whole Grain Bun Coleslaw 100% Fruit Juice
Monday, September 24	Tuesday, September 25	Wednesday, September 26	Thursday, September 27	Friday, September 28
Vegetarian Patty Potatoes Whole Grain Dinner Roll Apples	Brown Rice, Veggies and Vegetarian Meat Black Beans Oranges	Garden Patty Whole Grain Bun Peas and Carrots Graham Crackers Pears	Spaghetti and Vegetarian Meat Romaine Lettuce and Cucumber 100% Fruit Juice	Vegetarian Patty Whole Grain Bun Coleslaw 100% Fruit Juice



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