

Menu September 2021: KIPP GASTON PRIMARY

Families Making the Connection

Breakfast: We offer cereal with grahams, applesauce & a variety of juice & milk choices daily.

Lunch: In addition to the menu item we offer the Yogurt Trio which consists of yogurt, string cheese & goldfish crackers. Students may select all fruit and vegetable offerings and milk.

Greatness of Grains

September is Whole Grains Month. Grain foods include bread, cereal, rice, pasta, oatmeal, pancakes and tortillas, for example. These foods give our bodies and brains energy we need to move and think.

Whole grains are the entire seed of a plant. This seed, or kernel, is made up of three key edible parts – the bran, the germ, and the endosperm.

Try making at least half the grains you eat whole grains. This will help you get all the benefits grains have to offer. Whole grains give us protein, iron, B vitamins, Vitamin E, magnesium, fiber and antioxidants. They also may reduce the risk of obesity, heart disease, cancer and diabetes.

Our menu features whole grain products.
This Institution is an Equal Opportunity Employer.



	Wednesday, September 1	Thursday, September 2	Friday, September 3
	Sausage Biscuit Chicken Quesadilla or Calzone/Salsa Garden Salad Crispy Corn Diced Pears Pine & Mandarins	Cinnamon Roll Roast Chicken/Roll Scalloped Potatoes Broccoli w/ Cheese Blueberries/Cream Watermelon Fresh Fruit Variety	Chicken Biscuit BBQ w/Bun or Corn Muffin/Slaw Roaster Potatoes Baked Beans Fruit Choices
Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16
Breakfast Pizza Grilled Cheese or Hoagie Roaster Potatoes Carrots/Ranch Dip Applesauce Pine & Mandarins	Strudel Stick Chicken Poppers/Roll Whipped Potatoes Seasoned Greens Fresh Fruit Variety	Sausage Biscuit Hot Dog/Chili/Slaw Baked Beans Crispy Corn Diced Pears Peach's	French Toast Stix Pizza Variety Garden Salad Green Beans Fruit Cup Fresh Fruit Variety
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23
Super Donut Chicken Nuggets/Roll Scalloped Potatoes Broccoli & Cheese Fruit Cup Diced Pears	Chicken Biscuit Mac & Cheese w/ Corn Dog Nuggets/Roll Green Beans Carrots/Peas Fresh Fruit Variety	Pancakes Chicken Tenders/Roll Whipped Potatoes Greens Fruit Ambrosia Diced Pears	Sausage Biscuit Cheese Stix w/ Marinara Garden Salad Italian Beans Strawberries & Cream/ Fresh Fruit
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30
Remember to fill out a Free/Reduced Application for a Chance to win a 50" Flat Screen TV!	Sweet Slice Fajita Chicken/Wrap or Chips/Cheese Mexican Rice Corn/Fiesta Beans Peach's Fresh Fruit Variety	An all new menu will be coming your way as we transition to food service from K12 by Elio ... Stay Tuned !	NC Farm to School Fresh Melons this month ! Fresh Grape Tomatoes Goodness Grows in North Carolina !

