

## Nutrition Byte

**Breakfast:** In addition to menu, we offer a variety of cereal & grahams, applesauce, juice & milk

**Lunch:** AN Un crustable PB&J Sandwich with String Cheese & Goldfish Crackers is offered daily along with a Yogurt Trio (yogurt, string cheese & goldfish)

Students may select all fruit and vegetable offerings along with milk.

### Great Grains!

Did you know September is Whole Grains Month? Examples of grain foods are bread, cereal, rice, pasta, oatmeal, pancakes and tortillas. These foods give our bodies and brains energy we need to move and think.

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

- What is a whole grain? 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.

Have you ever tried amaranth, quinoa, sorghum, or spelt? There is a whole world of whole grains out there to discover! Learn more at <https://www.myplate.gov>. [www.schoolnutrition.org](http://www.schoolnutrition.org). <https://childnutrition.ncpublicschools.gov>.

This Institution is an Equal Opportunity Provider

# Menu for September 2021 GASTON MIDDLE



Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
	<b>Strudel Stick</b>  <b>Chicken Poppers/ Roll</b> <b>Whipped Potatoes</b> <b>Seasoned Greens</b> <b>Fresh Fruit Variety</b>	<b>Sausage Biscuit</b>  <b>Hot Dog/Chili/Slaw</b> <b>Baked Beans</b> <b>Crispy Corn</b> <b>Diced Peas</b> <b>Peach's</b>	<b>French Toast Stix</b>  <b>Pizza Variety</b> <b>Garden Salad</b> <b>Green Beans</b> <b>Fruit Cup</b> <b>Fresh Fruit Variety</b>	<b>Pancake Pup</b>  <b>Orange Chicken/ Roll</b> <b>Stir Fried Rice</b> <b>Peas/ Carrots</b> <b>Fruit Choices/Juice</b>
Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
<b>Breakfast Pizza</b> <b>Grilled Cheese or Hoagie</b> <b>Roaster Potatoes</b> <b>Carrots/Ranch Dip</b> <b>Applesauce</b> <b>Pine &amp; Mandarins</b>	<b>Chicken Biscuit</b>  <b>Mac &amp; Cheese w/ Corn Dog Nuggets/ Roll</b> <b>Green Beans</b> <b>Carrots/Peas</b> <b>Fresh Fruit Variety</b>	<b>Pancakes</b>  <b>Chicken Tenders/ Roll</b> <b>Whipped Potatoes</b> <b>Greens</b> <b>Fruit Ambrosia</b> <b>Diced Peas</b>	<b>Sausage Biscuit</b>  <b>Cheese Stix w/ Marinara</b> <b>Garden Salad</b> <b>Italian Beans</b> <b>Strawberries &amp; Cream/ Fresh Fruit</b>	<b>Donuts</b>  <b>Cheeseburger w/ L,T, Pickle Cup</b> <b>Tater Tots</b> <b>Crispy Corn</b> <b>Fruit Choices/Juice</b>
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
<b>Eggs &amp; Super Donut</b>  <b>Chicken Nuggets/ Roll</b> <b>Scalloped Potatoes</b> <b>Broccoli &amp; Cheese</b> <b>Fruit Cup</b>	<b>Sweet Slice</b>  <b>Fajita Chicken/Wrap or Chips/Cheese</b> <b>Mexican Rice</b> <b>Corn/Fiesta Beans</b> <b>Peach's</b>	<b>An all new menu will be coming your way as we transition to food service from K12 by Elior ...</b>		
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	
<b>Remember to fill out a Free/Reduced Application for a Chance to win a 50" Flat Screen TV!</b>			<b>NC Farm to School</b> <b>Fresh Melons this month!</b> <b>Fresh Grape Tomatoes</b>  <b>Goodness Grows in North Carolina!</b>	