

## Nutrition Byte

**Breakfast:** We offer a Buffet featuring Several hot & cold items along with fruit, juice & milk.

**Lunch:** An Uncrustable 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.

We will be adding some exciting new menu items this month including salads ...check us out !

### 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! Our menu features whole grains.

This Institution is an Equal Opportunity Provider

# Menu for September 2021 KIPP PRIDE HIGH



**WE WILL BE CLOSED LABOR DAY**

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>Pineapple &amp; Mandarins/ Juice</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 Pears / Juice</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 &amp; Bacon Cheeseburger w/L,T, Pickle Cup</b> <b>Tater Tots</b> <b>Crispy Corn</b> <b>Fruit Choices/Juice</b>
<b>Eggs &amp; Super Donut</b> <b>Chicken Nuggets/ Roll</b> <b>Scalloped Potatoes</b> <b>Broccoli &amp; Cheese</b> <b>Fruit Cup / Juice</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>		
<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>	

Wednesday, September 1

Sausage Biscuit

Chicken Quesadilla or Calzone/Salsa  
Garden Salad  
Crispy Corn  
Diced Pears/ Juice  
Pine & Mandarins

Thursday, September 2

Cinnamon Roll

Roast Chicken/Roll  
Scalloped Potatoes  
Broccoli w/ Cheese  
Blueberries/Cream  
Watermelon  
Fresh Fruit Variety

Friday, September 3

Chicken Biscuit

BBQ w/Bun or Corn Muffin/Slaw  
Roaster Potatoes  
Baked Beans  
Fruit Choices  
Juice

Tuesday, September 7

Strudel Stick

Chicken Poppers/ Roll  
Whipped Potatoes  
Seasoned Greens  
Fresh Fruit Variety

Wednesday, September 8

Sausage Biscuit

Hot Dog/Chili/Slaw  
Baked Beans  
Crispy Corn  
Diced Pears  
Peach's /Juice

Thursday, September 9

French Toast Stix

Pizza Variety  
Garden Salad  
Green Beans  
Fruit Cup  
Fresh Fruit Variety

Friday, September 10

Pancake Pup

Orange Chicken/ Roll  
Stir Fried Rice  
Peas/ Carrots  
Fruit Choices/Juice

Monday, September 13

Tuesday, September 14

Wednesday, September 15

Thursday, September 16

Friday, September 17

Breakfast Pizza  
Grilled Cheese or Hoagie  
Roaster Potatoes  
Carrots/Ranch Dip  
Applesauce  
Pineapple & Mandarins/ Juice

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 / Juice

Sausage Biscuit  
Cheese Stix w/ Marinara  
Garden Salad  
Italian Beans  
Strawberries & Cream/ Fresh Fruit

Donuts  
Cheeseburger & Bacon Cheeseburger w/L,T, Pickle Cup  
Tater Tots  
Crispy Corn  
Fruit Choices/Juice

Monday, September 20

Tuesday, September 21

Wednesday, September 22

Thursday, September 23

Friday, September 24

Eggs & Super Donut  
Chicken Nuggets/ Roll  
Scalloped Potatoes  
Broccoli & Cheese  
Fruit Cup / Juice

Sweet Slice  
Fajita Chicken/Wrap or Chips/Cheese  
Mexican Rice  
Corn/Fiesta Beans  
Peach's

An all new menu will be coming your way as we transition to food service from K12 by Elior ...

Monday, September 27

Tuesday, September 28

Wednesday, September 29

Thursday, September 30

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Fresh Grape Tomatoes  
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