

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. <https://childnutrition.ncpublicschools.gov>.

This Institution is an Equal Opportunity Employer

Menu for September 2021 KIPP HALIFAX MIDDLE



Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
	Strudel Stick	Sausage Biscuit	French Toast Stix	Pancake Pup
	Chicken Poppers/ Roll Whipped Potatoes Seasoned Greens Fresh Fruit Variety	Hot Dog/Chili/Slaw Baked Beans Crispy Corn Diced Pears Peach's	Pizza Variety Garden Salad Green Beans Fruit Cup Fresh Fruit Variety	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 Pine & Mandarins	Chicken Biscuit	Pancakes	Sausage Biscuit	Donuts
	Mac & Cheese w/ Corn Dog Nuggets/ Roll Green Beans Carrots/Peas Fresh Fruit Variety	Chicken Tenders/ Roll Whipped Potatoes Greens Fruit Ambrosia Diced Pears	Cheese Stix w/ Marinara Garden Salad Italian Beans Strawberries & Cream/ Fresh Fruit	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	Sweet Slice	An all new menu will be coming your way as we transition to food service from K12 by Elior ...		
Chicken Nuggets/ Roll Scalloped Potatoes Broccoli & Cheese Fruit Cup	Fajita Chicken/Wrap or Chips/Cheese Mexican Rice Corn/Fiesta Beans Peach's			
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	
			NC Farm to School Fresh Melons this month ! Fresh Grape Tomatoes	
			Goodness Grows in North Carolina !	