

Sunrise / McCullough Center Menu for Aug 2019

Menus Subject to Change

			THURSDAY 22	FRIDAY 23
			Breakfast Pizza Fresh Banana Low Fat Milk	WG Cereal Strawberries Low Fat Milk
		
			Chicken Nuggets WG Dinner Roll Baby Carrots Fruit Low Fat Milk	Cheese Pizza Seasoned Broccoli Fruit Low Fat Milk
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
WG French Toast Sticks Fresh Apple Low Fat Milk	LF Yogurt & ½ WG Bagel Fresh Orange Low Fat Milk	WG Cereal Applesauce Low Fat Milk	WG Pancakes Fresh Orange Low Fat Milk	WG Cereal Strawberries Low fat Milk
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Chicken Tenders WG Roll Seasoned Peas Unsweetened Applesauce Low Fat Milk	Warrior Chicken Bowl WG Roll Mashed Potatoes Diced Peaches Low Fat Milk	WG French Toast Sticks 6 oz. LF Yogurt Vegetable Diced Pears Low Fat Milk	Beef & Cheese Nachos Shredded Lettuce Black Beans Unsweetened Applesauce Low Fat Milk	Cheese Pizza Seasoned Broccoli Mixed Fruit Low fat Milk

Back to School Nutrition Tips

1. Make breakfast a priority.
 - Eating breakfast is the best way to start the day. To encourage your kids to fuel up before school, sit down and eat with them. Eating breakfast together models that breakfast is important.
2. Talk to your preschoolers about the Head Start menu the day before.
 - The more familiar preschoolers are with the foods they will be eating the more likely they will be to try new foods.
3. Have a nutritious snack ready for after-school.
 - No matter how well a child eats at breakfast and lunch, he or she will still most likely be hungry after school. Some families eat dinner when the kids arrive home from school, but many families don't eat until 2 or 3 hours after school is out. A snack like an apple with a tablespoon of peanut butter, or a cup of yogurt with a granola bar should be enough to stave off starvation while not spoiling the appetite for dinner.

*LF refers to Low Fat, WG Refers to Whole Grain Rich, HM refers to Homemade, PB refers to Peanut Butter, RS refers to Reduced Sugar.

This institution is an equal opportunity provider.