

August 2017 MENU Knight's Ferry

Menu items
are whole grain rich,
low in sodium and
meet all requirements
for school meals. Milk
choices are offered in
white low fat 1% and
Non Fat chocolate

Drink Water
Our bodies need
water. On a regula-
r day, your
child's body will
lose two-to-three
liters of water. Add
some physical
activity and sweat,
and he or she can
lose even more.
Your first step
should be to en-
sure that your kids
are getting their
recommended
amount of water
every day. Keep
water handy. If a
water bottle is
near during play-
time, study time,
and family time,
your kids may not
wait until they are
thirsty to hydrate.
And remember
that water is found
in fruits and vege-
tables, so by in-
creasing the pro-
duce your child
consumes, you will
be keeping them
better hydrated,
too.

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LUNCH
Students must select
A minimum 1/2 cup
fruit and /or vegetable
combination
And 2 more menu
components. They
may also select all
menu items if desired.

Paid \$2.95
Reduced \$.40

Mon	Tue	Wed	Thu	Fri
7 	8	9	10	11
14	15	<u>Breakfast 4 Lunch</u> 16 Pancakes w/Syrup Sausage Carrots/Fruit Choice of Milk 	17 Mini Cheeseburger Sliders (twin Pack) Vegetable Fruit Choice of Milk 	18 Deli Turkey Sandwich Chips Vegetable Fruit Choice of Milk
Orange Chicken 21 Steamed Rice Vegetable Fruit Choice of Milk 	Uncrustable (PB&J) 22 Vegetable Fruit Choice of Milk 	HAPPY B-DAY Chili Cheese Fries 23 Fruit Cookie Choice of Milk 	Tyson Chicken Nuggets 24 Goldfish Crackers Salad Bar Fruit Ketchup Choice of Milk 	Hamburger 25 Fries Fruit Ketchup Choice of Milk
Nachos 28 Vegetable Fruit Choice of Milk 	Corn Dog 29 Vegetable Fruit Ketchup Choice of Milk 	<u>Breakfast 4 Lunch</u> 30 Pancakes w/Syrup Sausage Carrots/Fruit Choice of Milk 	Mini Cheeseburger 31 Sliders (twin Pack) Vegetable Fruit Choice of Milk 	

SUGAR-SWEETENED BEVERAGES
are the largest source of
added sugar in the diets
of U.S. youth
CDC

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Days with nut products in the menu will be displayed with: description of the nut will be on the days menu, please call the central kitchen at 847-9666 if further infor-