

FRIENDS-SELECT SCHOOL LUNCH MENU September 2011

OFFERED DAILY

Lower School Desserts

Offers:
**GOLDFISH
 PUDDING
 COOKIES
 CRACKERS
 PRETZELS
 FRUIT
 RAISINS
 MUFFINS
 JELLO
 YOGURT
 PASTRIES
 AND MORE!**

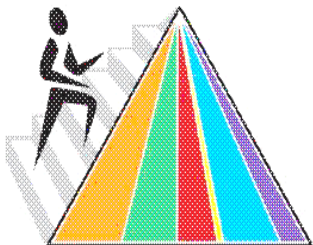
Featured Vegetables
are now
**FRESH
VEGETABLES!!!!**

SUSHI ON
TUESDAYS & THURSDAYS

**MENU SUBJECT TO
CHANGE!**

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**MyPyramid.gov
Steps to a healthier you!**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

UP FOR GRABS
 A Selection of Salads and Deli
 Sandwiches, Fruit, Parfaits &
 Yogurts

SALAD BAR
 Mixed Greens with Variety of
 Toppings and Dressings

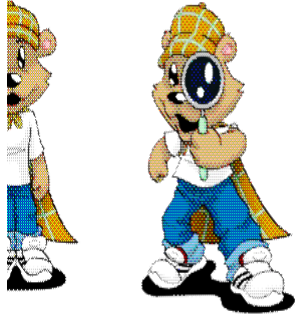
FALCON GRILL
may include:
 Hot Dog, Burgers, , Chicken
 Breast Sandwich, Cheese Steaks,
 Chicken Cheese Steaks, Vegan
 Burgers, Turkey Burgers,
 French Fries.

Vegan Burgers & Salad Bar
 offered Daily for all Vegans!
 Occasional Vegan lunches are
 also available.

PIZZA EXPRESS

May include:
 White, Sausage,
 Pepperoni, Buffalo
 Chicken, BBQ
 Chicken, Little
 Charlie's, French
 Bread, Vegetable.





This Month, Commissioner Nutrition Investigates APPLES

FUN FACTS:

- The Red Delicious apple is Americans favorite snacking apple.
- There are about 7,000 varieties of apples in the world.
- The Pilgrims planted the first apple trees in the Massachusetts Bay Colony.
- Washington State grows the most apples in the United States.

NUTRITIONAL INFORMATION

- Eat apples with their skin on. Almost half of the Vitamin C in apples is just below the skin.
- Apples help to strengthen your bones.
- An apple a day strengthens lung function.

FUN WAYS TO EAT

- Add apples to your favorite salad.
- Baked apples are delicious. With an adults help, place a cored apple in a baking dish and put a pat of butter into the center. Drizzle on a little maple syrup and bake in the oven at 375 for about 30 minutes.
- Add freshly grated apples to your pancake mix for a delicious apple pancake.