

MENUS FOR AUGUST & SEPTEMBER 2017



**Coatesville Area School District
North & South Middle Schools**

This institution is an equal opportunity provider. Menus are subject to change.

WG = Whole Grain



We're **SO GLAD** to see you!
It's going to be a **GREAT YEAR!**

Welcome Back
for **FOOD, FUN, & FITNESS!**

STACKED AGAINST US.

The average American takes in at least 50% more sodium than the recommended maximum. But don't just blame the salt shaker at home: 75% of the sodium you eat probably comes from restaurant food and processed grocery store food – like chips, pizza, soup, and even bread!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



What's on YOUR plate?

Monday, August 28

Breakfast

Cinnamon Toast Crunch Cereal Bar & Yogurt or Blueberry Muffins
Apple Juice, Clementine Orange
Milk Selection

Lunch

The Max Cheese Sticks w/Marinara Dipping Sauce
Steamed Broccoli
Baby Carrots w/Veggie Dip
Fresh Grapes, Sliced Peaches
Apple Juice, Milk Selection

Tuesday, August 29

Breakfast

Cheerios Cereal & String Cheese or Cinnamon Roll
Fresh Grapes
Fruit Punch
Milk Selection

Lunch

Chicken Nuggets w/ WG Roll
Mashed Potatoes
Celery Sticks w/ Ranch Dip
Fresh Apple Slices, Sliced Pears
Grape Juice, Milk Selection

Wednesday, August 30

Breakfast

Trix Cereal Bar & Yogurt or Cinnamon Mini Bagels w/ Cream Cheese
Fresh Apples Slices, Orange Juice
Milk Selection

Lunch

Cheeseburger
Baked Sweet Potato Fries
Sliced Cucumbers w/ Ranch Dip
Fresh Watermelon
Fruit Punch, Milk Selection

Thursday, August 31

Breakfast

Cinnamon Toast Crunch Cereal & Yogurt or Mini Maple Pancakes
Grape Juice
Raisins, Milk Selection

Lunch

Asian Tangerine Chicken or Yogurts Delights or Salad w/ Ham & Cheese w/ WG Roll & Crackers
Brown Rice
Baby Carrots w/Veggie Dip
Edamame, Fresh Apples Slices, Sliced Peaches, Milk Selection

Friday, September 1

Breakfast

Cocoa Puffs Cereal Bar & Yogurt or WG Powdered Doughnuts
Bananas, Apple Juice
Milk Selection

Lunch

Stuffed Crust Cheese Pizza
Garden Salad
Celery Sticks w/ Ranch Dip
Bananas, Mandarin Oranges
Grape Juice, Milk Selection

HAPPY LABOR DAY!



We hope you enjoy the last sweet days of Summer **BERRY** much!

Tuesday, September 5

Breakfast

Cocoa Puffs Cereal & String Cheese or Apple Frudel
Fresh Grapes
Fruit Punch, Milk Selection

Lunch

Chicken Tenders w/ Buttered Noodles or Yogurt Delights or Bologna & Cheese on Wheat
Seasoned Green Peas
Celery Sticks w/ Ranch Dip
Fresh Apple Slices, Sliced Pears
Milk Selection

Wed., September 6

Breakfast

Trix Cereal Bar & Yogurt or Maple Mini Waffles
Fresh Apple Slices
Orange Juice, Milk Selection

Lunch

Hot Dog or PB Jamwich Meal or Turkey & Cheese Wrap
Vegetarian Baked Beans
Sliced Cucumbers w/ Ranch Dip
Orange Wedges, Pineapple Chunks
Milk Selection

Thursday, September 7

Breakfast

Cinnamon Toast Crunch Cereal & Yogurt or Mini Berry Blast French Toast
Grape Juice
Raisins
Milk Selection

Lunch

Rotini w/ Meat Sauce or Yogurt Delights or Tuna Salad w/ WG Roll & Crackers
Baby Carrots w/Veggie Dip
Caesar Salad
Fresh Apple Slices, Sliced Peaches
Milk Selection

Friday, September 8

Breakfast

Cocoa Puffs Cereal Bar & Yogurt or Strawberry Pop Tarts
Bananas
Apple Juice
Milk Selection

Lunch

Cheese Pizza Rectangle or PB Jamwich Meal or Salad w/ Turkey & Cheese w/ WG Roll & Crackers
Mixed Vegetables
Celery Sticks w/ Ranch Dip
Bananas, Mandarin Oranges
Milk Selection



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Make this the year you eat more fruits and veggies. And let us help!

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack. **And whenever you choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!**

Monday, September 11

Breakfast

Cinnamon Toast Crunch Cereal Bar & Yogurt or
Chocolate Chip Muffins
Apple Juice
Clementine Orange
Milk Selection

Lunch

Cheese Quesadilla or
PB Jamwich Meal or
Fruit, Cheese & Crackers
Seasoned Corn
Baby Carrots w/ Veggie Dip
Fresh Grapes, Sliced Peaches
Milk Selection

Tuesday, September 12

Breakfast

Cheerios Cereal & String Cheese or
Cinnamon Roll
Fresh Grapes
Fruit Punch
Milk Selection

Lunch

Chicken Patty Sandwich or
Yogurt Delights or
Ham & Cheese Wrap
Seasoned Green Beans
Celery Sticks w/ Ranch Dip
Fresh Apple Slices, Sliced Pears
Milk Selection

Wed., September 13

Breakfast

Trix Cereal Bar & Yogurt or
Cinnamon Mini Bagels w/ Cream
Cheese
Fresh Apple Slices
Orange Juice, Milk Selection

Lunch

French Toast Sticks W/ Sausage &
Syrup or
PB Jamwich Meal or
Bologna & Cheese Sandwich
Tator Tots
Sliced Cucumbers w/ Ranch Dip
Fresh Clementine, Pineapple Chunks
Milk Selection

Thursday, September 14

Breakfast

Cinnamon Toast Crunch Cereal
& Yogurt or
Blueberry Mini Pancakes
Grape Juice
Raisins
Milk Selection

Lunch

Turkey Tacos or
Yogurts Delights or
Chef Salad w/ WG Roll & Crackers
Refried Beans
Carrot Sticks w/ Veggie Dip
Fresh Apple Slices, Sliced Peaches
Milk Selection

Friday, September 15

Breakfast

Cocoa Puffs Cereal Bar & Yogurt or
Powdered Sugar Doughnuts
Bananas
Apple Juice
Milk Selection

Lunch

Pepperoni Pizza or
PB Jamwich Meal or
Salad w/ Ham & Cheese w/ WG
Roll & Crackers
Caesar Salad
Celery Sticks w/ Ranch Dip
Bananas, Mandarin Oranges
Milk Selection

Monday, September 18

Breakfast

Cinnamon Toast Crunch Cereal Bar & Yogurt or
Banana Muffins
Apple Juice
Clementine Orange
Milk Selection

Lunch

Macaroni & Cheese or
PB Jamwich Meal or
Fruit, Cheese & Crackers
Steamed Broccoli
Baby Carrots w/ Veggie Dip
Fresh Grapes, Sliced Peaches
Milk Selection

Tuesday, September 19

Breakfast

Cocoa Puffs Cereal Bar & String
Cheese or
Cherry Strudel
Fresh Grapes
Fruit Punch
Milk Selection

Lunch

Chicken Sticks w/ WG Roll or
Yogurt Delights or
Bologna & Cheese Sandwich
Glazed Carrots
Celery Sticks w/ Ranch Dip
Fresh Apple Slices, Sliced Pears
Milk Selection

Wed., September 20

Breakfast

Trix Cereal Bar & Yogurt or
Blueberry Mini Waffles
Fresh Apple Slices
Orange Juice
Milk Selection

Lunch

Meatball Sandwich or
PB Jamwich Meal or
Turkey & Cheese Wrap
Baked Waffle Fries
Sliced Cucumbers w/ Ranch Dip
Orange Wedges, Pineapples
Chunks
Milk Selection

Thursday, September 21

Breakfast

Cinnamon Toast Crunch Cereal &
Yogurt or
Mini Cinnamon French Toast
Grape Juice, Raisins
Milk Selection

Lunch

Mini Ham & Cheese Hoagie or Mini
Turkey & Cheese Hoagie or
Yogurts Delights or
Chicken Caesar Salad w/ WG Roll &
Crackers
Baked Chips, Chickpea Salad
Baby Carrots w/ Veggie Dip
Fresh Apple Slices, Sliced Peaches
Milk Selection

Friday, September 22

Breakfast

Cocoa Puffs Cereal Bar & Yogurt or
Cinnamon Pop Tart
Bananas
Apple Juice
Milk Selection

Lunch

Personal Cheese Pizza or
PB Jamwich Meal or
Salad w/ Turkey & Cheese w/ WG
Roll & Crackers
Garden Salad
Celery Sticks w/ Ranch Dip
Bananas, Mandarin Oranges
Milk Selection

Monday, September 25

Breakfast

Cinnamon Toast Crunch Cereal Bar & Yogurt or
Blueberry Muffins
Apple Juice, Clementine Orange
Milk Selection

Lunch

The Max Cheese Sticks w/ Marinara
Dipping Sauce or
PB Jamwich Meal or
Fruit, Cheese & Crackers
Steamed Broccoli
Baby Carrots w/ Veggie Dip
Fresh Grapes, Sliced Peaches
Milk Selection

Tuesday, September 26

Breakfast

Cheerios Cereal & String Cheese or
Cinnamon Roll
Fresh Grapes
Fruit Punch
Milk Selection

Lunch

Chicken Nuggets w/ WG Roll or
Yogurt Delights or
Ham & Cheese Wrap
Mashed Potatoes
Celery Sticks w/ Ranch Dip
Fresh Apple Slices, Sliced Pears
Milk Selection

Wed., September 27

Breakfast

Trix Cereal Bar & Yogurt or
Cinnamon Mini Bagels w/ Cream
Cheese
Fresh Apple Slices
Orange Juice
Milk Selection

Lunch

Cheeseburger or
PB Jamwich Meal or
Turkey & Cheese Sandwich
Baked Sweet Potato Fries
Sliced Cucumbers w/ Ranch Dip
Fresh Watermelon
Milk Selection

Thursday, September 28

Breakfast

Cinnamon Toast Crunch Cereal
& Yogurt or
Mini Maple Pancakes
Grape Juice, Raisins
Milk Selection

Lunch

Asian Tangerine Chicken or
Yogurts Delights or
Salad w/ Ham & Cheese w/ WG Roll &
Crackers
Brown Rice
Baby Carrots w/ Veggie Dip
Edamame
Fresh Apple Slices, Sliced Peaches
Milk Selection

Friday, September 29

Breakfast

Cocoa Puffs Cereal Bar & Yogurt or
WG Powdered Doughnuts
Bananas
Apple Juice
Milk Selection

Lunch

Stuffed Crust Cheese Pizza or
PB Jamwich Meal or
Chef Salad w/ WG Roll & Crackers
Garden Salad
Celery Sticks w/ Ranch Dip
Bananas, Mandarin Oranges
Milk Selection

DON'T 4 GET!

To make a lunch,
choose at least one



or



and 3-5
items
total

COATESVILLE AREA SCHOOL DISTRICT
CHILD NUTRITION SERVICES

Make the healthy,
economical choice!

Breakfast **Lunch**

\$1.25 **\$2.40**

Get in touch with us today to learn more about
free and reduced-price meals in our district:
610-466-2404 or Houckc@casdschools.org