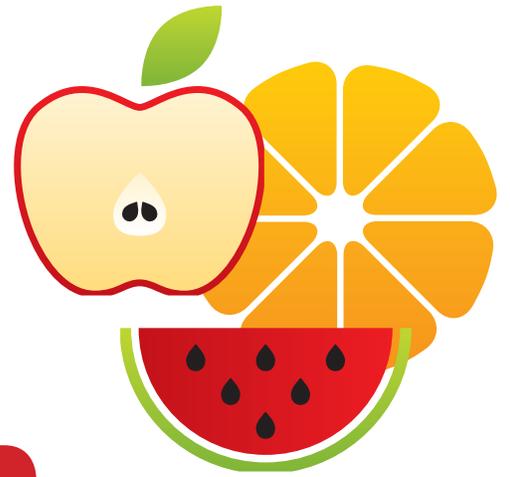




Welcome
BACK



 A Lunch Meal must include at least 3 of the 5 components listed. Student must take a fruit and/or vegetable with their meal.

Meal Components

- *Meat/ Meat Alternate
- *Grains & Breads
- *Fruit
- *Vegetable
- *Milk (half pint size)

♥ Entrée, as listed on the menu will provide the Meat/Meat Alternate & Grain/Bread component



 **Let's Get Peachy!**

August
National Peach
Month

All peaches can be divided in 2 groups: clingstone and freestone peaches. In a clingstone type, flesh is tightly attached to the stone. Flesh of freestone types can be easily removed from the stone.

We are a rich source of vitamin C, A and E. We also contain a high amount of potassium, magnesium, zinc and phosphorus!

We are a member of the rose family and are related to the almond!

An average size peach contains only 37 calories.



IT'S FAMILY TIME August is family meals month. Studies have shown many benefits including:

- Better academic performance
- Higher self-esteem
- Lower risk of substance abuse
- Eating more fruits & veggies, & less soda & fried foods
- Lower rates of obesity and eating disorders



• HAVE •
a Great
First
DAY

"This institution is an equal opportunity provider."