

August / September, 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pepperoni Pizza</b> <b>Sept 11</b> or A) Chicken Nuggets with a Roll Carrots Apple Slices or Seasonal Fresh Fruit	<b>Oven Baked Chicken with Corn Muffin</b> <b>Sept 12</b> or A) Hot Dog on a Bun Roasted Potatoes or Tossed Garden Salad Frozen Juice Cup	<b>Salisbury Steak with Gravy &amp; Roll</b> <b>Sept 13</b> or A) Chicken Patty on a Bun Mashed Potatoes Strawberry Cup or Seasonal Fresh Fruit	<b>Chicken Tenders with a Fresh Baked Pretzel Rod</b> <b>Sept 14</b> or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Pears	<b>Lasagna Roll-Up with Breadstick</b> <b>Sept 15</b> or A) Cheese Pizza Green Beans Peaches or Seasonal Fresh Fruit Cookie Treat!
<b>Cheese Quesadilla</b> <b>Sept 18</b> or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit	<b>Beef Nachos</b> <b>Sept 19</b> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) or A) Corn Dog Black Bean & Corn Salad or Tossed Garden Salad 100% Fruit Juice	<b>Meatloaf with Gravy &amp; Roll</b> <b>Sept 20</b> or A) Popcorn Chicken with a Roll Mashed Potatoes Pears or Seasonal Fresh Fruit BBQ Potato Crisps	<b>Crispy Oven Fried Chicken Drumstick with a Roll</b> <b>Sept 21</b> or A) Hamburger or Cheeseburger on a Bun Potato Wedges or Tossed Garden Salad Mandarin Oranges	<b>Grilled Cheese Sandwich</b> <b>Sept 22</b> or A) Cheese Pizza French Fries Blueberry Yogurt Parfait or Seasonal Fresh Fruit
<b>Turkey &amp; Cheese Sub</b> <b>Sept 25</b> or A) Chicken Nuggets with a Roll Sweet Potato Tots Peaches or Seasonal Fresh Fruit	<b>Pasta with Meat Sauce &amp; Garlic Toast</b> <b>Sept 26</b> or A) Hot Dog on a Bun Green Beans or Tossed Garden Salad Pears Fun & Fitness Cookie Treat!	<b>Manwich Sloppy Joe on a Pretzel Bun</b> <b>Sept 27</b> or A) Chicken Patty on a Bun Baked Beans Sunshine Smoothie or Seasonal Fresh Fruit	<b>Fiestada Pizza</b> <b>Sept 28</b> or A) Hamburger or Cheeseburger on a Bun Corn or Tossed Garden Salad Raisins	<b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <b>Sept 29</b> or A) Cheese Pizza Broccoli Strawberry Cup or Seasonal Fresh Fruit

\*Please note that at least one vegetable or fruit side must be chosen with each lunch.

**SUBSTITUTION OF ITEMS MAY BE NECESSARY**

## The Three Elements of Fitness

If you've ever watched kids on a playground, you've seen the three elements of fitness in action when they run away from the kid who's "it" (**endurance**), cross the monkey bars (**strength**), or bend down to tie their shoes (**flexibility**).



**Endurance** develops when kids regularly get aerobic activity. During aerobic exercise, the heart beats faster and a person breathes harder. When done regularly and for extended periods of time, aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells. Aerobic exercise can be fun for both adults and kids. Aerobic activities include things like bicycling, basketball, skating, running, swimming, and walking.



Improving **strength** doesn't have to mean lifting weights. Instead, kids can do push-ups, stomach crunches, pull-ups, and other exercises to help tone and strengthen muscles. They also improve their strength when they climb, do a handstand, or wrestle.



Stretching exercises help improve **flexibility**, allowing muscles and joints to bend and move easily through their full range of motion. Kids get chances every day to stretch when they reach for a toy, practice a split, or do a cartwheel.

Information adapted from KidsHealth.org

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