

Nutrition Message



The weather is starting to change and fall is finally here! Now that you can't go outside as much, there are many activities you can do inside, by yourself or with friends. Try yoga! This great activity can help improve blood flow as well as increase your overall health & flexibility. It is important to make exercising a big part of your every day, but don't forget to stretch before you start!

Hill Roberts Elementary

LUNCH PRICES:

Type A Lunch Price \$2.00
 Reduced Lunch Price \$.40
 Milk \$.50
 Adult Lunch \$2.75 plus tax

Fruit Of the Month



Bananas






DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!
 All Products in our program have Zero Trans Fats!
 Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!
 We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.
 All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!
 Our Ketchup is High Fructose Corn Syrup Free!
 We offer Only Low Fat Cheeses and Condiments!
 Vegetables are always & crisp!
 Unless otherwise indicated all of our Pasta is Whole Grain Barilla brand!
 Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Check out what we are doing to help save the environment. Visit www.Whitsons.com



*Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions. +This item can be cooked to your liking.

Monday	Tuesday	Wednesday	Thursday	Friday
 (V) Low-fat Cheese Sandwich on Wheat Bread (V) Bagel with Cheese <i>Bagel lunch is served with choice of a vegetable, milk, fruit and protein.</i>	 Beef Tacos Black Beans Sweet Mixed Peppers Petite Banana	2 (V) Baked Wheat Rotini with Zesty Tomato Sauce and Low-fat Mozzarella OR (V) Stuffed Peppers w/ Low-fat Cheese, Brown Rice, Gala Apple	3 (V) Baked Wheat Rotini with Zesty Tomato Sauce and Low-fat Mozzarella OR (V) Stuffed Peppers w/ Low-fat Cheese, Brown Rice, Gala Apple	4 <u>Wheat Pizza</u> (V) Vegetable or Classic Low-fat Mozzarella Tomato Sauce Tossed Salad Watermelon Slice
7 SCHOOL CLOSED LABOR DAY 	8 <u>Hardy's Grain Campaign</u> Whole Wheat Pancakes OR Eggs w/ Wheat Toast Smoked Turkey Links Fresh Blueberries Orange Juice	9 Turkey Tacos in Wheat Tortilla OR (v) Black Bean Quesadilla Lo-fat Cheese Sauce Corn Niblets Fresh Orange Slices	10 Whole Grain Spaghetti and Meat Sauce OR (v) Italian Vegetable Casserole Fresh Broccoli Fresh Grapes	11 <u>Wheat Pizza</u> (V) Vegetable or Classic Low-Fat Mozzarella Tomato Sauce Tossed Salad Petite Banana
14 Baked Chicken Nuggets Low-fat Dipping Sauce Wheat Pasta Salad Summer Veggies Fresh Pineapple Chunks	15 (V) Entree Burger OR All Beef Hamburger Whole Wheat Bun Baked Sweet Potato Fries Petite Banana	16 (V) Pasta Primavera (cheese optional) OR Twin Turkey Dogs Entree Salad Wheat Dinner Roll Fresh Cantaloupe	17 <u>Health Day</u> Scoop of Egg Salad Over Mixed greens Sesame Breadstick OR Chicken Fajita in Whole Wheat Wrap Fresh Fruit Choice	18 <u>Wheat Pizza</u> (V) Vegetable or Classic Low-fat Mozzarella Tomato Sauce Yellow Corn Fresh Melon
21 <u>Brunch For Lunch</u> Whole Wheat French Toast Sticks Sliced Turkey Ham OR Turkey Bacon-LT & Cheese in a Wheat Wrap Petite Banana	22 (V) Baked Wheat Rotini with Zesty Tomato Sauce and Low-fat Mozzarella OR Breaded Chicken Patty on a Wheat Bun Fresh String Beans Fresh Fruit	23 Fresh Sliced Turkey Roast with Gravy Over Wheat Bread OR (V) Oriental Vegetable Lo Mein w/ Cheese Fresh Zucchini Macintosh Apple	24 Turkey Nacho Grande OR (V) Wheat Pasta w/ Zesty Sauce and Low-Fat Mozzarella Cheese Black Beans Sweet Mixed Peppers Petite Banana	25 <u>Wheat Pizza</u> (V) Vegetable or Classic Low-fat Mozzarella Tomato Sauce Romaine Salad Fresh Orange
28 Turkey Burger on a Multi Grain Roll OR (V) Vegetarian Chili w/ Dinner Roll Carrots Stick w/ Low-Fat Dip Sliced Honeydew	29 Baked Chicken Tenders OR (v) Vegetable Pot Pie with Beans Brown Rice Peas and Carrots Raisins	30 No School Professional Day		

DAILY LUNCH ALTERNATES

(V) Low-fat Cheese Sandwich on Wheat Bread
 (V) Bagel with Cheese
Bagel lunch is served with choice of a vegetable, milk, fruit and protein.

DAILY HEALTHIER CHOICE

 (V) Flavored Yogurt
 Served with low-fat cheese stick, Whole Wheat Dinner Roll, fresh Vegetable, Fruit
 Garden Salad
 Mixed Greens with Tomato, Cucumber, All Natural Dressing
 Served with Low-fat Cheese, Fruit and a Whole Wheat Dinner Roll

ALL STUDENT LUNCHES INCLUDE

Choice of Milk (Low Fat White or Flavored) Vegetable Choice or Salad Selection; Bread Choice; Fruit Choice

PREPAID LUNCHES AVAILABLE

Please bring your check with child's name clearly written, made payable to The Attleboro School Lunch Fund

QUESTIONS OR COMMENTS

About the Food Service Program? Please call the Food Service Manager at 508-222-5150 Ext 267

Menu analyzed by a Registered Dietician, Gina Brienza, RD, CDN. Menu is subject to change. Notice will be posted when possible.

V=VEGETARIAN SELECTION

 **=HEALTHIER CHOICE**

P=PORK PRODUCT