

Families Making the Connection

Liven Up Meals with Fruits and Veggies

Look no further than fruits and veggies to liven up your meals! They are low in calories and fat but power-packed with nutrients. They also add color, flavor and texture. Try these fun ways to liven up your plate:

Grill 'em. Try mushrooms, squash, peppers or potatoes on a kabob skewer. Peaches, pineapple and mangos are also great grilled.

Mix 'em in. Family casserole dishes can get a flavor boost in flavor from veggies. Try sautéed onions, peas, pinto beans or tomatoes. Mix veggies into omelets. Tried and true favorites are mushrooms, spinach, and bell peppers.

Try Italian. Add extra veggies to pasta dishes. Boost tomato sauce with peppers, spinach, red beans, onions or cherry tomatoes. The veggies will add texture and satisfy your hunger with fewer calories.

Spin on salad. Toss in shredded carrots, strawberries, spinach, sweet peas, oranges or blueberries—more flavor, more fun!

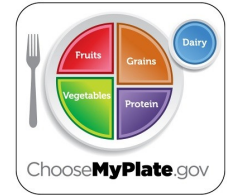
Stack or roll. Whether stacked in a sandwich or rolled in a wrap, veggies make great add-ins. Think tomatoes, lettuce or avocado.

Blend and bake. Fruit begs to be blended into smoothies or into batters for baked goods. Bananas, strawberries or blueberries are a great place to start. Then, get creative!



Menus for September 2015

Rockingham County Schools



All menus are subject to change without notice due to weather, calendar changes and/or product availability

“USDA is an equal opportunity provider and employer.”

Juice served daily with
Breakfast
Milk served daily with
Breakfast & Lunch

*Chef Salad Meal,
PB & J Sandwich,
Dried Fruit Mix,
Peanut Butter Cup & Sliced
Apples available daily

Tues Sept 1

BREAKFAST

Super Donut
Cereal w/Cheese Stick
Assorted Fruit

LUNCH

Chicken Nuggets w/Roll
Hot Dogs w/Chili
Green Beans
Corn
Peaches
Assorted Fresh Fruit

Wed., Sept 2

BREAKFAST

Pancake Sausage on a Stick
w/Syrup
Cereal w/ Cheese Stick
Assorted Fruit

LUNCH

Pizza Crunchers
Lasagna w/Texas Toast
Tossed Salad
California Blend
Strawberry Cup
Assorted Fresh Fruit

Thurs., Sept 3

BREAKFAST

Waffles
PB&J
Assorted Fruit

LUNCH

Chicken Fillet
Barbeque Sandwich
Pinto Beans
Coleslaw
Baked Apples
Assorted Fresh Fruit

Friday, Sept 4

BREAKFAST

Steak Biscuit
Cereal w/ Cheese Stick
Assorted Fruit

LUNCH

Pizza
Sloppy Scoops
Steamed Carrots
Tossed Salad
Mixed Fruit
Assorted Fresh Fruit

Monday, Sept 7

Labor Day

Tues., Sept 8

BREAKFAST

Chicken Biscuit
PB & J
Assorted Fruit

LUNCH

Chicken Nuggets w/Roll
Salisbury Steak w/Rice
Tossed Salad
Green Beans
Strawberry Cup
Assorted Fresh Fruit

Wed., Sept 9

BREAKFAST

Breakfast Pizza
Cereal w/ Cheese Stick
Assorted Fruit

LUNCH

Pizza Cruncher
Nachos w/Meat & Cheese
Seasoned Black Beans
Corn
Mixed Fruit
Assorted Fresh Fruit

Thurs., Sept 10

BREAKFAST

Steak Biscuit
Cereal w/Cheese Stick
Assorted Fruit

LUNCH

Chicken Fillet
Lasagna w/Texas Toast
Broccoli
Fresh Veggies w/Dip
Baked Pears
Assorted Fresh Fruit

Friday, Sept 11

BREAKFAST

Pancake Sausage Bites
Cereal w/ Cheese Stick
Assorted Fruit

LUNCH

Pizza
Rib-B-Ques Sandwich
Carrots
Tossed Salad
Applesauce
Assorted Fresh Fruit

September

- Fruits & Veggies—More Matters™ Month
- Better Breakfast Month
- Whole Grains Month

Monday, Sept. 14**BREAKFAST**

Mini Pancakes
Cereal w/Cheese Stick
Assorted Fruit

LUNCH

Quesadilla
Orange Chicken
Rice
Carrots
Oriental Vegetables
Pineapple
Assorted Fresh Fruit

Tues., Sept. 15**BREAKFAST**

Egg & Cheese Sandwich
PB&J
Assorted Fruit

LUNCH

Chicken Nuggets
Roll
Spaghetti
Texas Toast
Tossed Salad
California Blend Veggies
Peaches
Assorted Fresh Fruit

Wed., Sept. 16**BREAKFAST**

Eggo
Cereal w/ Cheese Stick
Assorted Fruit

LUNCH

Pizza Cruncher
Turkey & Gravy
Roll
Corn
Green Beans
Cherries w/Topping
Assorted Fresh Fruit

Thurs., Sept. 17**BREAKFAST**

Sausage Wrap
PB&J
Assorted Fruit

LUNCH

Chicken Fillet
Macaroni & Cheese
Roll
Pinto Beans
Collards
Applesauce
Assorted Fresh Fruit

Friday, Sept. 18**BREAKFAST**

Sausage Biscuit
Cereal w/ Cheese Stick
Assorted Fruit

LUNCH

Pizza
Teriyaki Nuggets
Roll
Baked Fries
Tossed Salad
Mixed Fruit
Assorted Fresh Fruit
****Birthday Celebration****

Monday, Sept. 21**BREAKFAST**

Pop Tarts (2)
Cereal w/Cheese Stick
Assorted Fruit

LUNCH

Quesadilla
Tacos
Broccoli
Lettuce & Tomato
Mandarin Oranges
Assorted Fresh Fruit

Tues., Sept. 22**BREAKFAST**

Super Donut
PB&J
Assorted Fruit

LUNCH

Chicken Nuggets
Roll
Hot Dog w/Chili
Vegetarian Beans
Green Beans
Peaches
Assorted Fresh Fruit

Wed., Sept. 23**BREAKFAST**

Pancake Sausage on a Stick
w/Syrup
Cereal w/ Cheese Stick
Assorted Fruit

Early Release**LUNCH**

Pizza Cruncher
Bagged Carrots w/Dressing
Strawberry Cup
Assorted Fresh Fruit

Thurs., Sept. 24**BREAKFAST**

Waffles
PB&J
Assorted Fruit

LUNCH

Chicken Fillet
Barbeque Sandwich
Pinto Beans
Coleslaw
Baked Apples
Assorted Fresh Fruit

Friday, Sept. 25**BREAKFAST**

Steak Biscuit
Cereal w/ Cheese Stick
Assorted Fruit

LUNCH

Pizza
Sloppy Scoops
Steamed Carrots
Tossed Salad
Mixed Fruit
Assorted Fresh Fruit

Monday, Sept. 28**BREAKFAST**

Cinnamon Roll
Cereal w/Cheese Stick
Assorted Fruit

LUNCH

Quesadilla
Ravioli
Texas Toast
California Blend
Tossed Salad
Pears
Assorted Fresh Fruit

Tues., Sept. 29**BREAKFAST**

Chicken Biscuit
PB & J
Assorted Fruit

LUNCH

Chicken Nuggets
Roll
Salisbury Steak
Rice
Tossed Salad
Green Beans
Strawberry Cup
Assorted Fresh Fruit

Wed., Sept. 30**BREAKFAST**

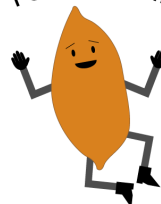
Breakfast Pizza
Cereal w/ Cheese Stick
Assorted Fruit

LUNCH

Pizza Cruncher
Nachos w/Meat & Cheese
Seasoned Black Beans
Corn
Mixed Fruit
Assorted Fresh Fruit



potassi-yam!

**Fit Foundations****Sweet Potato Blueberry Oat Squares**

Makes 6 servings

Serving size: 1 square

Ingredients

- 1/2 cup canned, mashed sweet potato
- 1 1/2 teaspoon lemon juice
- 3/4 cup fat free milk
- 2 tablespoons oil
- 1/2 teaspoon + 2/3 teaspoon cinnamon
- 2 tablespoons + 1/2 teaspoon brown sugar
- 2/3 cup whole wheat flour
- 2 tablespoons unbleached flour
- 1 2/3 teaspoons baking powder
- 1/8 teaspoon salt
- 3/4 cup quick oats
- 1/3 cup frozen, unsweetened blueberries

Directions

1. Blend sweet potato, lemon juice, milk and oil in a large mixing bowl.
2. In a separate small bowl, mix 2/3 teaspoon cinnamon and 1/2 teaspoon brown sugar. Set aside.
3. In a third bowl, mix flours, remaining cinnamon and sugar, baking powder, salt, and oats.
4. Slowly combine dry ingredients into wet ingredients until thoroughly mixed.
5. Fold in blueberries.
6. Lightly spray a baking sheet with nonstick spray. Pour batter onto sheet.
7. Sprinkle the batter with the sugar-cinnamon mixture.
8. Bake at 350° F for about 25 minutes or until lightly browned.

Visit our website at:
<http://www.rock.k12.nc.us/childnutrition>