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Peaches



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Farm to School

Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. To learn more visit www.farmtoschool.org.


MENU SUBJECT TO CHANGE

Menu for September 2019

Grants Pass School District No. 7 Elementary

(Allen Dale, Highland, Lincoln, Parkside, Redwood, and Riverside)

Daily Specials—**Mon.** Hamburger/Cheese Burger **Tues.** Taste of Italy **Wed.** Corn Dog or Hot Dog **Thurs.** Yogurt Bowl **Fri.** Chef’s Special (Sandwich or Wrap Choice and Vegetarian Option Offered Daily) **All grains served are whole grain-rich. Milk - White 1%, Skim, or Non Fat Chocolate**

Monday, Sept. 2	Tuesday, Sept. 3	Wednesday, Sept. 4	Thursday, Sept. 5	Friday, Sept. 6
	<p>Breakfast Fruit Muffin or Cereal Variety Lunch Pizza Variety or Crispy Chicken Sandwich Sandwich or Wrap Choice Baked Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Breakfast Pizza or Cereal Variety Lunch Corn Dog or Yang’s Chicken Chow Mein w/Noodles Sandwich or Wrap Choice Fresh Coleslaw</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Flaky Biscuit and Gravy or Cereal Variety Lunch Yogurt Bowl or Chicken Nuggets both w/Corn Muffin Tater Day! Sandwich or Wrap Choice</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Breakfast Bar or Cereal Variety Lunch SACK LUNCH DAY!! Goldfish Grahams</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>
Monday, Sept. 9	Tuesday, Sept. 10	Wednesday, Sept. 11	Thursday, Sept. 12	Friday, Sept. 13
<p>Breakfast Mini Pancakes or Cereal Variety Lunch Hamburger/Cheese Burger Sandwich or Wrap Choice Tater Day!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Oatmeal Breakfast Round or Cereal Variety Lunch Pizza Calzone Sandwich or Wrap Choice</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Eggs/Mini Muffin Cereal Variety Lunch Hot Diggty Dog Sandwich or Wrap Choice Baked Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Sausage/Cheese Biscuit or Cereal Variety Lunch Banana Split Bowl Sandwich or Wrap Choice</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast WG Cinnamon Roll or Cereal Variety Lunch Chef’s Special Sandwich or Wrap Choice</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>



Peach and Carrot Smoothie

Ingredients

1 medium **banana**, peeled fresh or frozen
 1 cup frozen **carrots**
 1 can (15 ounce) **peaches**, undrained

Directions

1. Combine all ingredients in a blender or food processor including the juice or syrup from the canned peaches.
2. Blend until smooth.
3. Serve immediately.

Refrigerate or freeze leftovers within 2 hours.

Notes

- Juice or syrup can be replaced with $\frac{3}{4}$ cup water and sweetener of your choice.
- Canned carrots work too! Drain them before adding.

Try using fresh carrots but cook them first.



<p>Monday, Sept. 16</p> <p>Breakfast French Toast or Cereal Variety</p> <p>Lunch Hamburger/Cheese Burger</p> <p>Sandwich or Wrap Choice Baked Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Tuesday, Sept. 17</p> <p>Breakfast Scone or Cereal Variety</p> <p>Lunch Cheesy Meatloaf w/Corn Muffin</p> <p>Sandwich or Wrap Choice Mashed Potatoes</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Sept. 18</p> <p>Breakfast Pancake on a Stick or Cereal Variety</p> <p>Lunch Corn Dog</p> <p>Sandwich or Wrap Choice Peach Crisp</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Sept. 19</p> <p>Breakfast Flaky Biscuit/Gravy or Cereal Variety</p> <p>Lunch Yogurt Bowl</p> <p>Sandwich or Wrap Choice</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Sept. 20</p> <p>Breakfast Breakfast Bar or Cereal Variety</p> <p>Lunch Chef's Special</p> <p>Sandwich or Wrap Choice</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>
<p>Monday, Sept. 23</p> <p>Breakfast Snack'n Waffles or Cereal Variety</p> <p>Lunch Hamburger/Cheese Burger</p> <p>Sandwich or Wrap Choice Baked Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Tuesday, Sept. 24</p> <p>Breakfast Fruit Frudel or Cereal Variety</p> <p>Lunch Hearty Lasagna w/Breadstick</p> <p>Sandwich or Wrap Choice</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Sept. 25</p> <p>Breakfast Eggs/Bacon/Toast or Cereal Variety</p> <p>Lunch Hot Diggty Dog</p> <p>Sandwich or Wrap Choice Tater Day!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Sept. 26</p> <p>Breakfast Cinnamon Roll or Cereal Variety</p> <p>Lunch SACK LUNCH DAY!! <i>(revised)</i> Teddy Grahams</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Sept. 27</p> <p>NO CLASSES</p>
<p>Monday, Sept. 30</p> <p>Breakfast Mini Pancakes or Cereal Variety</p> <p>Lunch Hamburger/Cheese Burger</p> <p>Sandwich or Wrap Choice</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>				



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