

## Food Bytes

### Kids Eat Right

Did you know that August is *Kids Eat Right Month*? *Kids Eat Right Month* encourages kids and their families to eat healthy and be active. You can shop smart, cook healthy and eat right together with your family.

**Shop Smart**—You can help with planning menus and shopping for food.

**Cook Healthy**—Be a chef! You can help prepare healthy meals and snacks.

**Eat Right**—Sit down with your family to enjoy a tasty, healthy meal.

**Get Moving**—Be active every day for at least 60 minutes to build strong bones and muscles, promote a healthy weight, support learning and build self-esteem.

**Build Healthy Habits**—Be active every day. Fill half your plate with fruits and veggies, make half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and pick options lower in sodium, fat and sugar.

*Kids Eat Right*, from the Academy of Nutrition and Dietetics, offers recipes, tips and videos to help kids and their families eat healthy and be active.

**Nutrilink:** Visit [www.kidseatright.org](http://www.kidseatright.org).

## Breakfast— August 2017

Top Spanish Catering, inc

Monday, July 31	Tuesday, August 1	Wednesday, August 2	Thursday, August 3	Friday, August 4
Monday, August 7	Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
				
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit	Whole Grain Waffles Turkey Bacon Fresh Fruit	Whole Grain Corn Apple Muffin Fruit Juice	Hard Boiled Eggs Home Fries Whole Grain Roll
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	Friday, September 1
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat French Toast Syrup Fresh Fruit	Whole Grain Corn Apple Muffin Fresh Fruit	Hard Boiled Eggs Home Fries Whole Grain Roll Fresh Fruit	Whole Grain Waffles Syrup Fresh Fruit

## August

- Family Meals Month
- Kids Eat Right Month
- National Farmers Market Week (August 6-12)
- National Watermelon Day (August 3)

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK

\*\*\*\* MENU SUBJECT TO CHANGE

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## Lunch— August 2017

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Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
				
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
Chicken Drumstick Ultra Whole Grain Bun Mixed Green Salad Fresh Fruit	Spanish Rice (carrots, onions, tomatoes) with Chicken Baked Beans Fresh Fruit	Chicken Tacos Taco Shell Corn Fresh Fruit	Chicken Nuggets Ultra Whole Grain Bun Animal Graham Cookie Sweet Potatoes Fresh Fruit	Tuna Salad Whole Grain Bun Beans, Cucumber and Onion Salad 100% Fruit Juice
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	Friday, September 1
Chicken Drumstick Ultra Whole Grain Bun Broccoli Fresh Fruit	Hamburger on Whole Grain Bun Garbanzo Fresh Fruit	Chicken Tacos Taco Shell Mixed Green Salad Fresh Fruit	Meatloaf Whole Grain Roll Mashed Potatoes Tomato Salad Fresh Fruit	Chicken Patty Sandwich Whole Grain Bun Zucchini 100% Fruit Juice

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