

Food Bytes

D.C. Farm to School

Did you know the Farm to School Program team assists schools in procuring and serving local foods and in incorporating farm to school concepts into the school environment through teacher training and technical assistance and District-wide events such as Growing Healthy Schools Week and Strawberries and Salad Greens Day.

Nutrilink: Visit

[www.https://osse.dc.gov/service/farm-school-program](https://osse.dc.gov/service/farm-school-program)

<http://dgreens.org/dc-farm-to-school-network>

for ideas to celebrate farm to school.

Walk to School Day

Kids from communities around the world walk, bike or roll in a wheel chair to school on Walk to School Day. The 2017 event is scheduled for October 4.




How to Walk, Bike or Wheel to School?

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Nutrilink: www.walkbiketoschool.org

Breakfast—September 2017

Top Spanish Catering, INC

				Friday, September 1
 				Whole Grain Waffles Syrup Fresh Fruit
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Pancakes and Syrup Scrambled Egg Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit	Hard Boiled Eggs Home Fries Whole Grain Roll Fresh Fruit
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Pancakes and Syrup Hard Boiled Egg Fresh Fruit	Hard Boiled Eggs Home Potatoes Whole Grain Roll Fresh Fruit	Whole Grain Corn Apple Muffin Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Pancakes and Syrup Scrambled Eggs Fresh Fruit	Whole Wheat French Toast Syrup Turkey Sausage Fresh fruit	Whole Grain Waffles Syrup Turkey Bacon Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit	Whole Grain Waffles Syrup Turkey Bacon Fresh fruit	Whole Grain Corn Apple Muffin Fresh Fruit	Hard Boiled Eggs Home Potatoes Whole Grain Roll Fresh Fruit

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK *** MENU SUBJECT TO CHANGE.

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Nutrilink: www.walkbiketoschool.org

Lunch—September 2017

Top Spanish Catering, INC

				Friday, September 1
 				Chicken Patty Sandwich Whole Grain Bun Zucchini 100% Fruit Juice
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	Chicken Parmesan Whole Grain Bun Oven Fried Potatoes Fresh Fruit	Chicken Taco Baked Beans Tomato Salad Fresh Fruit Granola Bar	Ground Beef Macaroni Broccoli Fresh Fruit	Chicken Salad Whole Grain Bun Cucumber and Onion Salad 100% Fruit Juice
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Hamburger on Whole Grain Bun Oven Fried Potatoes Fresh Fruit	Turkey Pepperoni Pizza Mixed Green Salad Fresh Fruit	Chicken Drumstick Cornbread Muffin Carrots Fresh Fruit	Spanish Rice With Chicken Baked Beans Fresh Fruit	Turkey Ham and Cheese Sandwich Celery Sticks 100% Fruit Juice
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Chicken Tenders Ultra Whole Grain Bun Baked Beans Fresh Fruit	Chicken Parmesan Whole Grain Bun Oven Fried Potatoes Fresh Fruit	Chicken Taco Taco Shell Mixed Green and Tomato Salad Fresh Fruit	Spaghetti and Meatballs Carrots Fresh Fruit	Chicken Salad Whole Grain Bun Cucumber and Onion Salad 100% Fruit Juice
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Beef Taco Taco Shell Tomato Salad and Mixed Green Salad Fresh Fruit	Chicken Parmesan Whole Grain Bun Oven Fried Potatoes Fresh Fruit	Hot Dog on a Bun Baked Beans Fresh Fruit	Chicken Teriyaki Brown Rice Corn Fresh Fruit	Fish Sandwich Whole Grain Bun Coleslaw 100% Fruit Juice

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