



# IDEA Public Schools August 2017

## InSeason!Peaches

Peaches are a good source of Vitamins A, B and C. A peach contains only 37 calories.

Peaches were once known as Persian Apples

August is National Peach Month

Peaches are the third most popular fruit grown in the United States

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Offered Daily</p> <ul style="list-style-type: none"> <li>Fresh Fruit</li> <li>Fat-Free Milk</li> <li>1% Milk</li> <li>Whole Grains</li> <li>Assorted Fruit Juice (Breakfast)</li> </ul>	01	02	03	04
07	08	09	10	11
<p>English Muffin w/Canadian Ham 14</p> <p>Turkey Pepperoni Pizza Mandarin Salad Zucchini/Corn Salad FF Ranch Dressing</p>	<p>Turkey Sausage Biscuit 15</p> <p>Beef Steak Fingers Dinner Roll Mashed Potatoes Seasoned Green Beans</p>	<p>Fruit Yogurt Granola Parfait 16</p> <p>Turkey Lasagna Roll up Garlic Toast Italian Zucchini Garden Salad</p>	<p>Kolache 17</p> <p>Oven Roasted Chicken Cilantro Lime Rice Lentil Soup Red Cabbage Salsa</p>	<p>Mini Berry French Toast 18</p> <p>Turkey Meatball Sub Sweet Potato Crinkles Spinach Deli Salad</p>
<p>Yogurt &amp; Graham Cracker 21</p> <p>Veggie Pizza Steamed Corn Garden Salad</p>	<p>Kolache 22</p> <p>Bistek Tacos Spanish Rice Cilantro Relish Charro Beans</p>	<p>Sweet Potato Gingerbread 23</p> <p>Grilled Cheese Sandwich Romaine &amp; Tomato Salad</p>	<p>Strawberry Chia Bar 24</p> <p>Pasta w/Turkey Meatballs Garlic Breadstick Italian Veggie Blend Garden Salad</p>	<p>Turkey Ham &amp; Cheese Croissant 25</p> <p>Clux Deluxe Burger Sweet Potato Crinkle Romaine &amp; Tomato Salad</p>
<p>Assorted Mini Waffles 28</p> <p>Crispy Beef Tacos Cilantro Lime Rice Romaine &amp; Tomato Salad Refried Beans</p>	<p>Fruit Yogurt Granola Parfait 29</p> <p>Cheese Calzone Fresh Baby Carrots Italian Veg Blend</p>	<p>Turkey Ham &amp; Cheese Croissant 30</p> <p>Golden Chicken Tenders Dinner Roll Mashed Potato Broccoli w/cheese</p>	<p>Assorted Jamwich 31</p> <p>Turkey Pepperoni Pizza Mandarin Salad Celery &amp; Carrot Sticks</p>	

## Nutrition Tips

### Eat Fresh Fruit and Vegetables

Fruit and vegetables offer a unique combination of nutrition. For children who like fruit, be sure to choose a variety of fruits, and go easy on fruit juices. Choose fresh, frozen, canned or dried. The same thing applies for vegetables. Try different types of vegetables and vary preparation methods, such as raw, roasted, steamed or microwaved.



## Get Active

Encourage your kids to use their free time to be physically active. Be a role model for your kids by participating in activities with them, and encourage participation in group sports. You can join them in walking to the nearest park, basketball court after school, play freeze tag, or you can stay home and play catch with your kid.