**Nutrition Tip**

Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

**August 2016**

**North Florida Christian School**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday**  Description: asterisk-day.png |  |  |  |  |
|  |  |  |  | Chicken Wings  Celery And Carrot Sticks  Corn  Dessert  Fountain Drink |
| Asian- Sweet/Sour  Chicken Bowl  (Veggies, Rice)  Egg Roll  Dessert  Fountain Drink | Macaroni & Beef  Green Beans  Dinner Roll  Dessert  Fountain Drink | **Chick-Fil-A Day!**  **Meal of the Day** Tyson Chicken Nuggets  French Fries/Tater Tots  Dessert  Fountain Drink | Chicken Alfredo  Broccoli  Dessert  Fountain Drink | Beef Taco  Yellow Rice  Refried Beans  Dessert  Fountain Drink |
| Chicken Planks  Green Beans  Dinner Roll  Dessert  Fountain Drink | BBQ Pulled Pork  Mashed Potatoes  Baked Beans  Dessert  Fountain Drink | **Chick-Fil-A Day!**  **Meal of the Day** Tyson Chicken Nuggets  French Fries/Tater Tots  Dessert  Fountain Drink | Lasagna  Green Beans  Garlic Stick  Dessert  Fountain Drink | Frito Pie with Toppings  Yellow Rice  Refried Beans  Dessert  Fountain Drink |
| Chicken Wings  Celery And Carrot Sticks  Corn  Dessert  Fountain Drink | Country Fried Steak  Mashed Potatoes  Green Beans  Dessert  Fountain Drink | **Chick-Fil-A Day!**  **Meal of the Day** Tyson Chicken Nuggets  French Fries/Tater Tots  Dessert  Fountain Drink | **Elementary Lunch: $5.25**  **MS/HS Lunch: $6.25**  **MOD/Salad Bar/Boar’s Head always includes Dessert & Fountain Drink** |  |

**Friday**

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**Thursday**

Description: asterisk-day.png

**Wednesday**

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**Tuesday**

Description: asterisk-day.png