**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 WingsCelery And Carrot SticksCornDessertFountain Drink |
| Asian- Sweet/SourChicken Bowl(Veggies, Rice)Egg RollDessertFountain Drink | Macaroni & BeefGreen BeansDinner RollDessertFountain Drink | **Chick-Fil-A Day!****Meal of the Day**Tyson Chicken NuggetsFrench Fries/Tater TotsDessertFountain Drink | Chicken AlfredoBroccoliDessertFountain Drink | Beef TacoYellow RiceRefried BeansDessertFountain Drink |
| Chicken PlanksGreen BeansDinner RollDessertFountain Drink | BBQ Pulled PorkMashed PotatoesBaked BeansDessertFountain Drink | **Chick-Fil-A Day!****Meal of the Day**Tyson Chicken NuggetsFrench Fries/Tater TotsDessertFountain Drink | LasagnaGreen BeansGarlic StickDessertFountain Drink | Frito Pie with ToppingsYellow RiceRefried BeansDessertFountain Drink  |
| Chicken WingsCelery And Carrot SticksCornDessertFountain Drink | Country Fried SteakMashed PotatoesGreen BeansDessertFountain Drink  |  **Chick-Fil-A Day!****Meal of the Day**Tyson Chicken NuggetsFrench Fries/Tater TotsDessertFountain Drink | **Elementary Lunch: $5.25****MS/HS Lunch: $6.25****MOD/Salad Bar/Boar’s Head always includes Dessert & Fountain Drink** |  |

**Friday**



**Thursday**



**Wednesday**



**Tuesday**

