**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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday**  Description: asterisk-day.png |  |  |  |  |
|  |  |  |  | Cheese Pizza  Grapes  Orange Slices  Dessert  Drink |
| Fried Chicken Nuggets  Apple Slices  Carrot/Celery Sticks  Dessert  Drink | Mac and Cheese  Green Beans  Grapes  Dessert  Drink | **Chick-Fil-A Day!**  Chick-Fil-A Nuggets  Sweet Potato Fries  Mandarin Oranges  Drink | Hot Dog/ Corn Dog  Tatter Tots  Half Banana  Dessert  Drink | Cheese Pizza  Grapes  Orange Slices  Dessert  Drink |
| Grilled Chicken Nugget  Apple Slices  Carrot/Celery Sticks  Dessert  Drink | BBQ Pulled Pork  Mashed Potatoes  Baked Beans  Garlic Toast  Drink | **Chick-Fil-A Day!**  Chick-Fil-A Nuggets  Sweet Potato Fries  Mandarin Oranges  Drink | Fish Sticks  Chips  Mandarin Oranges  Dessert  Drink | Pepperoni Pizza Pocket  Grapes  Orange Slices  Dessert  Drink |
| Peanut Butter and Jelly  Apple Slices  Carrot/Celery Sticks  Dessert  Drink | Meatballs  Grapes  Mandarin Orange Slices  Dessert  Drink | **Chick-Fil-A Day!**  Chick-Fil-A Nuggets  Sweet Potato Fries  Mandarin Oranges  Drink | **Elementary Lunch: $5.25**  **MS/HS Lunch: $6.25**  **MOD/Salad Bar/Boar’s Head always includes Dessert & Fountain Drink** |  |

**North Florida Christian School**

**Preschool**

**Friday**

Description: asterisk-day.png

**Thursday**

Description: asterisk-day.png

**Wednesday**

Description: asterisk-day.png

**Tuesday**

Description: asterisk-day.png