**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 GrapesOrange SlicesDessertDrink |
| Fried Chicken NuggetsApple SlicesCarrot/Celery SticksDessertDrink | Mac and CheeseGreen BeansGrapesDessertDrink | **Chick-Fil-A Day!**Chick-Fil-A NuggetsSweet Potato FriesMandarin OrangesDrink | Hot Dog/ Corn DogTatter TotsHalf BananaDessertDrink | Cheese Pizza GrapesOrange SlicesDessertDrink |
| Grilled Chicken NuggetApple SlicesCarrot/Celery SticksDessertDrink | BBQ Pulled PorkMashed PotatoesBaked BeansGarlic ToastDrink  | **Chick-Fil-A Day!**Chick-Fil-A NuggetsSweet Potato FriesMandarin OrangesDrink | Fish SticksChipsMandarin OrangesDessertDrink | Pepperoni Pizza PocketGrapesOrange SlicesDessertDrink |
| Peanut Butter and JellyApple SlicesCarrot/Celery SticksDessertDrink |  MeatballsGrapesMandarin Orange SlicesDessertDrink |  **Chick-Fil-A Day!**Chick-Fil-A NuggetsSweet Potato FriesMandarin OrangesDrink | **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**



**Thursday**



**Wednesday**



**Tuesday**

