**September 2016**

**Lunch Fact**

The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

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| **Elementary Lunch: $5.25**  **MS/HS Lunch: $6.25**  **MOD/Salad Bar/Boar’s Head always includes Dessert & Fountain Drink**  **Monday**  Description: asterisk-day.png |  |  | Pasta with Meat Sauce  Green Beans  Bread Stick  Dessert  Drink | Cheese Pizza  Grapes  Orange Slices  Dessert  Drink |
| No School  **Labor Day** | Hamburger/Cheese Burger  French Fries  Grapes  Dessert  Drink | **Chick-Fil-A Day!**  Chick-Fil-A Nuggets  Sweet Potato Fries  Mandarin Oranges  Drink | Grilled Cheese  Chips  Half Banana  Dessert  Drink | Pepperoni Pizza Pocket  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 | Pasta with Meat Sauce  Green Beans  Bread Stick  Dessert  Drink | Cheese Pizza  Grapes  Orange Slices  Dessert  Drink |

**North Florida Christian School**

**Preschool**

**Friday**

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**Thursday**

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**Wednesday**

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**Tuesday**

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