**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 SauceGreen BeansBread StickDessertDrink | Cheese Pizza GrapesOrange SlicesDessertDrink |
| No School**Labor Day** | Hamburger/Cheese BurgerFrench FriesGrapesDessertDrink |  **Chick-Fil-A Day!**Chick-Fil-A NuggetsSweet Potato FriesMandarin OrangesDrink | Grilled CheeseChipsHalf BananaDessertDrink | Pepperoni Pizza PocketGrapesOrange 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 |  Pasta with Meat SauceGreen BeansBread StickDessertDrink |  Cheese Pizza GrapesOrange SlicesDessertDrink |

**North Florida Christian School**

**Preschool**

**Friday**



**Thursday**



**Wednesday**



**Tuesday**

