

Stanley G. Falk School Lunch
Cambridge, Rossler, Roosevelt

August 2021

NEW YORK STATE
HARVEST OF THE
MONTH ~
*Corn &
Watermelon*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Grilled Chicken on a Bun ----- Carrots</p>	<p>3 Ham & Cheese on a Bun ----- Green beans</p>	<p>4 Sloppy Joe on a Bun ----- Tater Tots</p>	<p>5 Assorted Sub Bagged Chips ----- Carrot & Celery Sticks</p>	<p>6 Hot Dog on a Bun ----- 3 Bean Salad</p>
<p>9 Pizza Sub ----- Romaine Salad</p>	<p>10 PBJ ----- Green Bean Salad</p>	<p>11 Cheeseburger on a Bun ----- Carrots</p>	<p>12 Assorted Sub Bagged Chips ----- Cucumber & Tomato Salad</p>	<p>13 Kitchen's Choice</p>

Meal Pattern Requirements K-8
(Weekly Minimums)
Grains Range = 8-9 G EQ
100% of all grains must be EQ
100% of all grains must be whole grain rich
M/MA Range = 8-10 oz.
Vegetable = 3 3/4 cups
In appropriate subgroups
Fruit = 2 1/2 cups
Milk = 5 Cups

Offered Daily:
Fresh or prepared Fruits
Non-fat or Low-fat white milk or
Non-fat chocolate milk



Health Benefits of Corn

Corn offers several benefits beyond its vitamin and mineral content. Depending on the color, corn is rich in a variety of antioxidants and beneficial plant compounds that protect against disease. Corn is a good source of fiber that promotes the growth of "good bacteria" in the gut. Corn provides several nutrients that offer proven cardiovascular benefits. The fiber in corn and other whole grains helps reduce cholesterol levels.



9 Benefits of eating Watermelon

1. Helps you hydrate
2. Contains Nutrients and beneficial plant compounds
3. Contains compounds that may help prevent cancer
4. May Improve Heart health
5. May lower Inflammation and Oxidative stress
6. May help prevent macular degeneration
7. May help reduce Muscle soreness
8. Is good for skin and hair
9. Can improve digestions

Menu Subject to Chang

#FalkForward Recipe Card # 9: Roasted Asparagus

Ingredients: 2lbs fresh asparagus, Drizzle of olive oil, Kosher salt for sprinkling, fresh Ground black pepper

Directions: Preheat oven to 400 degrees, break off tough ends of the asparagus and place on the baking sheet. Drizzle with olive oil toss and coat. Spread the asparagus pout on a sheet on a single layer and sprinkle liberally with salt and pepper. Roast the asparagus 25 minutes until tender but crisp.

Delicious!!

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