

SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Meal Pattern Requirements K-12 <i>(Weekly Minimums)</i> Grains or M/MA Range = 9-10 G EQ (2 Grains or 2 M/MA, or 1 of each per day) 100% of grains offered are whole grain rich Fruit = 5 cups Milk = 5 cups		8 Cereal & Muffin Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	9 Egg & Cheese Croissant Sandwich Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	10 Mini Cinnis Fresh Fruit 100% Fruit Juice Non or Low Fat Milk
13 WG Cinnamon Roll Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	14 Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	15 Cereal & Muffin Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	16 Egg & Cheese Bagel Sandwich Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	17 Mini Cinnis Fresh Fruit 100% Fruit Juice Non or Low Fat Milk
20 Mini Pancakes Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	21 Bagel w Toppings Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	22 WG Cinnamon Roll Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	23 Cereal & Yogurt Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	24 Egg & Cheese Croissant Fresh Fruit 100% Fruit Juice Non or Low Fat Milk
27 Yogurt & Cereal Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	28 Mini Cinnis Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	29 Mini Pancakes Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	30 Cereal & Muffin Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	

Nut Butter, Bananas, Chia Seeds



Ingredients:

- 1 Slice 100% Whole Wheat Bread (I used one that was 50 cal. per slice.)
- 1 Tbsp. Sunbutter
- 1/2 Medium Banana, *Sliced*
- 1/2 Tsp. Chia Seeds



Toast the bread and spread the sunbutter over the top.



Place banana slices over the sun butter and top it off with chia seeds.



Serve right away and enjoy!

Servings: 1 • Size: 1 Toast • Calories: 209.9 • Fat: 9.6 g • Carb: 27.6 g • Fiber: 5.1 g • Protein: 8.5 g • Sugar: 9.7 g • Sodium: 175.8 mg

#FalkForward Fitness Zone

Classroom Energizers! What are they....?????

Classroom energizers activate the brain, improve on-task behavior and leave students more focused and ready to learn. There are many fun and creative ways to include fitness breaks in the daily schedule, and many resources are available to help schools get started.

Check Out these sites for more information:

Go Noodle: www.gonoodle.com

Energizing Brain Breaks: energizingbrainbreaks.com

Brain Gym: braingym.org

Yoga Kids: yogakids.com