

Stanley G. Falk School Lunch  
Cambridge, Rossler & Roosevelt  
**SEPTEMBER 2021**

**NEW YORK  
STATE  
HARVEST OF  
THE MONTH ~  
Cucumbers &  
Blueberries**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Pattern Requirements K-12</b> (Weekly Minimums) <b>Grains or M/MA Range = 9-10 G EQ</b> <b>(2 Grains or 2 M/MA, or 1 of each per day) 100% of grains offered are whole grain rich</b> <b>Fruit = 5 cups</b> <b>Milk = 5 cups</b>		8	9	10
		Chicken Patty on a Bun ----- Corn Niblets or Vegetarian Beans	Pork Chops Macaroni & Cheese ----- Broccoli or Crispy Cucumber & Tomato Salad	Assorted Sub Baked Chips ----- Romaine Salad or Carrots Coins
13	14	15	16	17
Grilled Cheese Sandwich ----- Savory Summer Squash or Romaine Salad	French Toast & Sausage Warmed Syrup ----- Hash Brown Patty or Carrot Coins	Beef & Cheese Burrito ----- Broccoli or Black Bean & Corn Salsa	Baked Pasta w Meat Sauce Garlic Roll ----- Cucumber & Blueberry Baby Spinach Salad or Carrot Coins	Cheese & Pepperoni Pizza ----- Green Beans or Sweet Potato Waffle Fries
20	21	22	23	24
Hot Dog on a Bun ----- Vegetarian Beans or Corn Niblets	Chicken Nuggets Pasta Salad ----- Carrots Coins or Sweet Potato Fries	Cheeseburger on a Bun ----- Crispy Cucumber & Tomato salad or Carrots & Celery Sticks	Grilled Chicken Sandwich with Cheese & Bacon ----- Tender Baby Spinach Salad or Green Beans	Turkey Sub ----- Romaine Salad or Broccoli
27	28	29	30	
Sloppy Joe on a Bun ----- Carrot Coins or French Fries	Cheese & Pepperoni Pizza ----- Romaine Salad or Broccoli	Assorted Sub Sandwich Baked Chips ----- Cucumber Coins or Carrots & Celery Sticks	Taco in a Bag Savory Spanish Rice ----- Black Bean & Corn Salsa or Romaine Salad	

**Cucumbers**



- Cucumbers are low in calories, but high in water and several important vitamins and minerals.
- Cucumbers contain antioxidants, including flavonoids and tannins, which prevent the accumulation of harmful free radicals and may reduce chronic disease
- Cucumbers are composed of 96% water, which may increase hydration and help you meet your daily fluid intake.
- Cucumbers can be eaten fresh or even pickled.

**Blueberries**



- There are two types of blueberries, highbush and lowbush.
- One cup of blueberries contains 80 calories, 3.6 grams of fiber, and 25 percent of the recommended daily amount of vitamin C.
- Blue Berries have a high level of antioxidants, such as anthocyanin – the compounds that make the blueberries blue.
- Peak Blueberry season in most of the country runs from mid –June to mid –August. However, Florida blueberries have their peak production seasoning March and April.

**#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: [gonoodle.com](http://gonoodle.com)

Energizing Brain Breaks: [energizingbrainbreaks.com](http://energizingbrainbreaks.com)

Brain Gym: [braingym.org](http://braingym.org)

Yoga Kids: [yogakids.com](http://yogakids.com)

