

AUGUST 2021

Crane Elementary Lunch

Milk is offered daily with each meal
White is 1% and Flavored Fat Free

Menu subject to change without notice

Monday

All students eat for free for 21-22 school year.

Only complete meals are free

Students taking **only** milk will be charged for the milk.

Only complete meals are free

PB & J (or other sandwich) is offered daily with lunch as an option

Go to bed early to be awake and ready to start the day at school refreshed

Practice Good Handwashing!!

Tuesday

To Develop Healthy Eating Habits...

...Limit sugary drinks (including energy drinks)

WELCOME

Corn Dog
Mixed Vegetables
Fruit

Biscuits & Gravy
Sausage
Hashbrown
Applesauce

Wednesday

...Eat plenty of fruits, vegetables, and whole-grain products

...Limit consumption of sugar and saturated fats

BACK

Chicken Patty
Mashed Potatoes & Gravy
Fruit

Thursday

...Choose lean meats, poultry, fish, and beans for protein

...Try to get 30 minutes of exercise per day

To

Frito Pie
Ranch Beans
Fruit

Friday

...Encourage your family to drink lots of water

...Limit snacking and only eat healthier snacks such as fresh fruits & vegetables

SCHOOL!!

Pizza
Corn
Fruit
Cookie

This institution is an equal opportunity provider

Daily fruits will consist of either fresh, frozen, or canned fruits or a combination of fruits

There will be limited or no Garden Bar at this time

NOTICE: Menu may also change as some foods may not be available