

SEPTEMBER 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <u>Meal Pattern Requirements K-12</u> <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 | | 4 Cereal & Muffin Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 5 WG Cinnamon Roll Sandwich Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 6 Mini Cinnis Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk |
| 9 WG Cinnamon Roll Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 10 Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 11 Cereal & Muffin Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 12 Egg & Cheese Bagel Sandwich Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 13 Mini Cinnis Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk |
| 16 Mini Pancakes Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 17 Bagel w Toppings Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 18 WG Cinnamon Roll Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 19 Cereal & Yogurt Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 20 Egg & Cheese Croissant Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk |
| 23 Yogurt & Cereal Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 24 Mini Cinnis Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 25 Mini Pancakes Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 26 Cereal & Muffin Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | 27 Bagel w Toppings Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk |
| 30 Yogurt & Cereal Fresh Fruit 100% Fruit Juice Non or Low-Fat Milk | | | | |

#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

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