

This institution is an equal opportunity provider. Menus are subject to change.

RIPPLE EFFECT. Wednesday, September I Friday, September 3 **Thursday, September 2** Breakfast Breakfast Breakfast Pan de Sal Sausage and Egg Scramble Assorted Cereal Steamed Rice With Egg and Cheese Fruit

Fruit

Lunch

Cheese Pizza

Vegetable Sticks & Dip

Fruit

Secondary Second Choice

Buffalo Chicken Wrap

Vegetable Sticks & Dip

Fruit

Lunch

Beef Steak with Green Peas and

Onions

Red Rice

Broccoli

Fruit

Secondary Second Choice

Salad Bar / packed Salad

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never

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PATRIOT DAY

Lunch

Chicken Burger

Potato Wedges

Broccoli

Fruit

Flavored Milk

Secondary Second Choice

Salad Bar / packed Salad

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure



LABOR DAY

NO SCHOOL

MONDAY,

SEPTEMBER 6

water throughout the day, and try to make a habit of choosing water

instead of soda.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Whole Grain Roll or Crackers lapanese Salad Whole Grain Roll or Crackers Fruit Fruit Fruit Friday, September 10 Wednesday, September 8 **Thursday, September 9 Tuesday, September 7** Breakfast Breakfast Breakfast Breakfast Sausage Links Grilled Cheese Sandwich Grilled Ham Pancakes w/ Syrup Garlic Fried Rice Fruit Fried Rice Bacon Fruit Fruit Fruit Lunch Beef Bulgogi w/ Bell Peppers Lunch Lunch Lunch Spaghetti Bolognese Marianas **BBO** Cheeseburger Bean Sprouts & Onions Breaded Fish w/ Sauce Sandwich Sides Carrots Dinner Roll Red Rice **Sweet Potato Fries** Steamed Rice Garlic Spinach Potato Wedges Fruit Fruit 3 Bean Salad Local Vegetables Fruit Fruit Secondary Second Choice Secondary Second Choice Flavored Milk 5 Alarm Pizza Salad Bar / packed Salad Secondary Second Choice Chicken Kelaguen Vegetable Sticks & Dip Whole Grain Roll or Crackers Secondary Second Choice Titiyas Salad Bar / packed Salad Fruit Fruit Vegetable Sticks and Dip Whole Grain Roll or Crackers Japanese Salad Fruit Fruit

NUTRITION TOGO

Tomatoes are one of the few foods that contain lycopene, which studies have shown to help prevent cancer. Your body absorbs more lycopene when a meal also contains a little fat, perhaps from olive oil or cheese. **Cooked or processed tomatoes** (as in tomato sauce) also increase lycopene absorption.

AQUICK BITE FOR PARENTS

Brain

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6

Ticklers Before Mt. Everest was discovered, what was the tallest mountain on earth?

(Hold the page upside down and read it in a mirror for the answer!)

to be the tallest! Mt. Cverest! It didn't have to be "discovered"

We never stopped cooking for you.

Throughout the pandemic, we never stopped feeding. Our brave and selfless child nutrition folks never stopped working. Never stopped serving. Never stopped caring. Caring about our students. Caring about your kids. Caring about their community. No matter the obstacles, our fantastic people never stopped cooking for your family. And they never will. Please thank them if you get the chance. It means a lot.



Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17	DR/SDR
<u>Breakfast</u> Assorted Cereal Fruit	<u>Breakfast</u> Tropical Storm Fried Rice Fruit	<u>Breakfast</u> Macaroni & Cheese Fruit	<u>Breakfast</u> Fried Rice with Chicken Nuggets Fruit	<u>Breakfast</u> French Toast w/Syrup Sausage Fruit	HERB/SPICE Thyme
<u>Lunch</u> Chicken Alfredo w/Spinach Garden Salad Local Vegetables Fruit	Lunch Turkey and Gravy Dinner Roll Mashed Potatoes Steamed Carrots Fruit	Lunch Beef & Broccoli Steamed Rice Mixed Vegetables Fruit	Lunch Pepperoni Pizza Vegetable Sticks & Dip 3 Bean Salad Fruit	Lunch Pork Adobo with Carrots Steamed Rice Broccoli Fruit Flavored Milk	Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stews. It will grow easily in any garden and return year after year. Thyme has such fantastic
<u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit	<u>Secondary Second Choice</u> Thai Beef Noodle Bowl Bell Peppers & Carrots Mixed Vegetables Fruit	<u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit	<u>Secondary Second Choice</u> Hawaiian Pizza Vegetable Sticks & Dip 3 Bean Salad Fruit	<u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit	flavor that it is even used in mouthwash!
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24	OUR CAFETERIA FOLKS ARE AWESOME! THANK YOU!!!
<u>Breakfast</u> Assorted Cereal Fruit	<u>Breakfast</u> Fried Rice with Portuguese Sausage Fruit	<u>Breakfast</u> Ham & Cheese Roll Fruit	<u>Breakfast</u> Sausage Patty with Garlic Rice Fruit	<u>Breakfast</u> Pancakes w/Syrup Bacon Fruit	
<u>Lunch</u> Chicken Curry with Carrots and Potatoes Chunks Broccoli	<u>Lunch</u> Cheeseburger Sandwich Sides Sweet Potato Fries	<u>Lunch</u> Breaded Chicken with Gravy Mashed Potatoes Dinner Roll 3 Bean Salad	<u>Lunch</u> Beef Lasagna Garlic Cauliflower & Broccoli Corn	<u>Lunch</u> Breaded Fish w/Sauce Red Rice Potato Wedges	We never stopped cooking for you.
Steamed Rice Fruit Secondary Second Choice	Fruit Fruit <u>Secondary Second Choice</u> Chicken Burger	S bean Salad Fruit <u>Secondary Second Choice</u> Salad Bar / packed Salad	Fruit Secondary Second Choice Tuna Salad Sandwich	Local Vegetables Fruit Flavored Milk	School Meals We serve education every day
Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit	Sandwich Sides Sweet Potato Fries Fruit	Whole Grain Roll or Crackers Fruit	Whole Grain Bun Sandwich Sides Japanese Salad Fruit	<u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit	CNMI Child Nutrition Program
Monday, September 27 <u>Breakfast</u> Assorted Cereal Fruit	Tuesday, September 28 Breakfast Ground Beef & Vegetable Omelet Steamed Rice Fruit	Wednesday, September 29 Breakfast Pan de Sal with Egg & Cheese Fruit	Thursday, September 30 Breakfast Sausage & Egg Scramble Steamed Rice Fruit	RRR	September 19 is "International Talk Like a Pirate" Day
Lunch BBQ Chicken Red Rice Potato Salad Corn Fruit	Lunch Grilled Ham Steak Steamed Rice Sweet Potato Fries Texas BBQ Beans Fruit	Lunch Beef Steak with Green Peas & Onions Red Rice Broccoli Fruit	Lunch Cheese Pizza Vegetable Sticks & Dip Fruit		But EVERY DAY is "Drink Your Milk" day! And we've got you covered with these great milk selections to choose from with all
<u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit	<u>Secondary Second Choice</u> Sub Sandwich on WGR Roll Honey Onion Dressing Vegetable Sticks & Dip Fruit	<u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit	<u>Secondary Second Choice</u> Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit		complete meals: Lowfat Chocolate Nonfat Ushite Lowfat White