

Basilica School of Saint Paul

Menus for August 2017

Families Making the Connection

Kids Eat Right

August is *Kids Eat Right Month*! *Kids Eat Right Month* encourages children and their families to eat healthy and be active. Families can shop smart, cook healthy and eat right together.

Shop Smart—Let your kids help with planning menus and shopping for food.

Cook Healthy—Involve your child in preparing meals and snacks.

Eat Right—Sit down together as a family to enjoy a tasty, healthy meal.

Get Moving—Be active together as a family. Kids should be active at least 60 minutes a day. Regular physical activity can strengthen bones and muscles, promote a healthy weight, support learning, develop social skills and build self-esteem.

Build Healthy Habits—Set a good example to help kids form healthy habits. Be active every day. Fill half your plate with fruits and veggies, make at least half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and choose options lower in sodium, fat and sugar.

Parents are required to have 20 volunteer hours per school. Volunteering in Panther Café is an excellent way to pick up on a few hours. For more information call Ms. Robinson in Panther Café.



Nutrilink: For more info, visit www.kidseatright.org.

	Tuesday, August 1	Wednesday, August 2	Thursday, August 3	Friday, August 4
Monday, August 7	Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
		B: Assorted Cereal Cinnamon Toast (1) Fresh Fruit L: Pepperoni Pizza Tossed Salad Fruit Juice	B: Breakfast Pizza Juice L: Cheesy Beef A Roni Banana Garlic Toast	B: Turkey Sausage Toast Apple Jelly L: Cheese Pizza Carrots w/ Ranch Sliced Apple
Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
B: Lucky Charms String Cheese Fruit Juice or Orange Slices L: Beef Hot Dog w/ Bun	B: Pancake Turkey Sausage Fruit Juice L: NACHO TUESDAY , (w/ Cheese, Sour Cream, and Salsa)	B: Turkey Egg and Cheese Croissant Juice L: Wacky Wednesday—Students may choose to have breakfast items for lunch. Regular Menu: Sweetened Baked Beans and Beef Hot Dog w / sliced	B: Pancake on a Stick, Fruit Juice L: Battered Chicken Tenders Green Beans Fresh Tropical Fruit	B: Breakfast Pizza Fruit Juice L: Cheese Pizza Celery Juice
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
B: Cinnamon Toast Yogurt Fruit L: Cheese Burger Corn Strawberries w/ Whipped Topping	B: Chicken Biscuit Fruit Juice L: Large Loaded Chicken Salad Fresh Assorted Fruit	B: Breakfast Pizza Fruit Juice L: Fish Sticks Mac and Cheese Green Beans	B: Assorted Cereal String Cheese Fresh Banana L: Cheesy Bread Sticks w/ Marinara Tossed Salad w/ Fresh Corn	B: Yogurt w/ Granola Fresh Berries L: Cheese Pizza Carrot Sticks Pineapple Orange Juice
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	
B: French Toast Sticks Yogurt Apples L: Chicken Nuggets Garden Salad Fresh Tropical Fruit Mix	B: Assorted Cereal Fruit Juice String Cheese L: Beef A Roni Garlic Toast Corn Juice	B: Yogurt Fruit Cup Granola L: Chicken and Waffles Sweet Potato Waffle Fries Fruit Juice	B: Open Breakfast Bar L: Cheese Pizza Cookie Celery Fruit Juice	

KIDS eat right.

August

- Family Meals Month
- Kids Eat Right Month
- National Peach Month
- National Farmers Market Week (August 6-12)
- National Watermelon Day (August 3)