



QUITMAN SCHOOL DISTRICT



2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Yogurt & Muffin Chicken Tenders Tuna Salad Plate Creamed Potatoes w/gravy English Peas Chilled Peaches Strawberry Cup Honey Wheat Roll	2 Chicken Biscuit Nacho Supreme Ham n Cheese Wrap Seasoned Beans Broccoli Ranch Salad Chilled Peaches Assorted Juice Garlic Bread 	3 Pancake Sausage on Stick Cheesy Chicken over Rice Country Steak Sandwich Seasoned Green Beans Sweet potato fries Assorted Juice Fruit Cocktail Honey Wheat Roll	4 Breakfast Bagel BBQ on Bun Chef Salad French Fries Coleslaw Applesauce Fresh Fruit in Season Ice Cream Treat	5 Breakfast Breads Pizza Sandwich Plates w/yogurt Whole Kernel Corn Garden Salad w/dressing Assorted Juice Pineapple Tidbits 
8 Waffles Chicken Sandwich Chef Salad Baked Beans Sweet potato fries Applesauce Assorted Juice	9 Cheese Toast Hot Dog Manager's Choice Tasty Tatar Tots Broccoli Ranch Salad Fruit Cocktail Strawberry Cup	10 Sausage/Biscuit Walking Tacos Turkey & Cheese Hoagie Mixed Vegetables Tomatoes w/ dip Coleslaw Assorted Juice Chilled Peaches	11 Breakfast Pizza Beef-a-roni Chicken Fajita Sub Glazed Carrots Quick Baked Potato Mandarin oranges Assorted Juice Garlic Bread	12 French Toast Sticks Hamburger Chef Salad French Fries Cucumbers w/dip Berry cup Chilled Peaches
15 Yogurt & Muffin Beef Tips over Rice Ham n Cheese Wrap Black Eyed Peas Glazed Carrots Strawberries Applesauce Cornbread 	16 Chicken Biscuit Sloppy Joe Chef Salad Mixed Vegetables Sweet potato fries Berry cup Assorted Juice 	17 Pancake Sausage on Stick Spaghetti w/meat sauce Tuna Sandwich Glazed Carrots Broccoli w/ cheese Applesauce Chilled fruit cups Garlic Bread	18 Breakfast Bagel Baked Seasoned Chicken Manager's Choice Chef Salad Baked Beans Potato Salad Assorted Juice Fresh Kiwi Wedges Honey Wheat Roll 	19 Breakfast Breads  Pizza Sandwich Plates w/yogurt Garden Salad w/dressing Mixed Vegetables Assorted Juice Pineapple Tidbits 
22 Sausage/Biscuit Hamburger Manager's Choice French Fries Manager's Choice Veggie Assorted Juice Chilled fruit cups	23 Assorted Breakfast 60% Day Sandwich Grab Bags Carrot sticks w/dip Assorted Juice Chips 	24 	25 School lunch has 5 items 1. Meats 2. Bread/grain 3. Milk 4. Fruits 5. Vegetables Students must choose at least 3 food items, and 1 of these must be a fruit or a vegetable.	26  Adult Prices: LUNCH: \$4.25 BREAKFAST: \$2.40
28  Memorial Day	29 30 HAVE A GREAT SUMMER BREAK! 		LUNCH & BREAKFAST* *Fruit/Juice and Milk served daily w/Breakfast 	

It's so easy

NUTRITION



It's easy to be healthy when you know where to start!

Nutrition Game!

Can you unscramble the words below to find health messages?

1. For good health, fill half your plate with fruits and _____ at each meal.

G A B E E E S L T V

2. When you drink milk, look for options with little to no _____.

A T F

3. _____ are a great source of plant protein to help you grow.

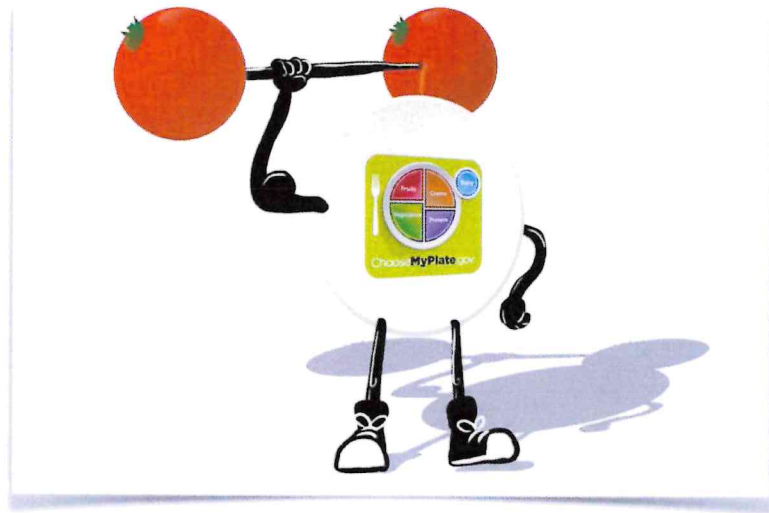
S A B E N

4. Make at least half of the grains you eat _____ grains each day.

E H L O W

5. Apples, oranges, and strawberries are all types of _____.

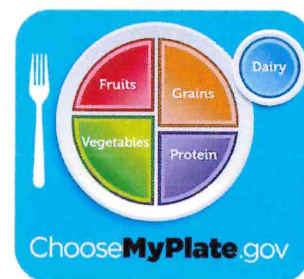
U T S R I F



Meet MyPlate:

MyPlate is made up of 5 different sections...

- Fruit
- Vegetables
- Grains
- Protein
- Dairy



Can you make your plate look like MyPlate?



Choose lean protein and dairy options. (That means versions without a lot of fat). Choose whole grain foods like 100% whole wheat bread and brown rice. And, of course, fill half your plate with fruits and vegetables