

# School Lunch

Monday, August 20, 2018	Tuesday, August 21, 2018	Wednesday, August 22, 2018	Thursday, August 23, 2018	Friday, August 24, 2018
Teacher's Institute Day	Teacher's Intitute Day			
Monday, August 27, 2018	Tuesday, August 28, 2018	Wednesday, August 29, 2018	Thursday, August 30, 2018	Friday, August 31, 2018
<p><b>What Makes A Healthy Lunch?</b></p> <p>THE 5 MEAL COMPONENTS FOR SCHOOL LUNCH</p> <p>Choose at least including:</p> <ul style="list-style-type: none"> <li>1/2 Cup of Fruit or Vegetable</li> <li>At Least 2 Other Food Groups</li> </ul> <p>For best nutrition, CHOOSE ALL 5! <small>(some foods may equal 2 components)</small></p>	Tuesday, September 04, 2018	Wednesday, September 05, 2018	Thursday, September 06, 2018	Friday, September 07, 2018
Monday, September 17, 2018	Tuesday, September 18, 2018	Wednesday, September 19, 2018	Thursday, September 20, 2018	Friday, September 21, 2018
Monday, September 24, 2018	Tuesday, September 25, 2018	Wednesday, September 26, 2018	Thursday, September 27, 2018	Friday, September 28, 2018
Monday, October 01, 2018	Tuesday, October 02, 2018	Wednesday, October 03, 2018	Thursday, October 04, 2018	Friday, October 05, 2018
Monday, October 08, 2018	Tuesday, October 09, 2018	Wednesday, October 10, 2018	Thursday, October 11, 2018	Friday, October 12, 2018

