

## Food Bytes

### D.C. Farm to School

Did you know the Farm to School Program team assists schools in procuring and serving local foods and in incorporating farm to school concepts into the school environment through teacher training and technical assistance and District-wide events such as Growing Healthy Schools Week and Strawberries and Salad Greens Day.

**Nutrilink:** Visit

[www.https://osse.dc.gov/service/farm-school-program](https://osse.dc.gov/service/farm-school-program)

<http://dgreens.org/dc-farm-to-school-network>

for ideas to celebrate farm to school.

### Walk to School Day

Kids from communities around the world walk, bike or roll in a wheel chair to school on Walk to School Day. The 2017 event is scheduled for October 4.




### How to Walk, Bike or Wheel to School?

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

**Nutrilink:** [www.walkbiketoschool.org](http://www.walkbiketoschool.org)

## Breakfast—September 2017

Top Spanish Catering, INC

				Friday, September 1
 				Whole Grain Waffles Syrup Fresh Fruit
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Pancakes and Syrup Turkey Sausage Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit	Hard Boiled Eggs Home Potatoes with Onion Whole Grain Roll Fresh Fruit
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Pancakes and Syrup Turkey Sausage Fresh Fruit	Hard Boiled Eggs Home Potatoes with Onion Whole Grain Roll Fresh Fruit	Whole Grain Corn Apple Muffin Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Pancakes and Syrup Scrambled Eggs Fresh Fruit	Whole Wheat French Toast Syrup Turkey Sausage Fresh fruit	Whole Grain Waffles Syrup Turkey Bacon Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit	Whole Grain Waffles Syrup Turkey Bacon Fresh fruit	Whole Grain Corn Apple Muffin Fresh Fruit	Hard Boiled Eggs Home Potatoes with Onion Whole Grain Roll Fresh Fruit

## September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT

FREE MILK

\*\*\* MENU SUBJECT TO CHANGE.

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## Lunch—September 2017

Top Spanish Catering, INC

				Friday, September 1
 				Chicken Patty Sandwich Whole Grain Bun Zucchini  100% Fruit Juice
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	Chicken Parmesan  Whole Grain Bun  Oven Fried Potatoes  Fresh Fruit	Beef Taco Taco Shell Baked Beans Granola Bar  Fresh Fruit	Ground Beef Macaroni  Broccoli  Fresh Fruit	Chicken Salad Whole Grain Bun Cucumber, Onion and Tomato Salad  100% Fruit Juice
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Hamburger on Whole Grain Bun  Oven Fried Potatoes  Fresh Fruit	Turkey Pepperoni Pizza Mixed Green Salad  Fresh Fruit	Chicken Drumstick Cornbread Muffin Carrots  Fresh Fruit	Spanish Rice With Chicken Baked Beans  Fresh Fruit	Turkey Ham and Cheese Sandwich Celery and Carrot Sticks 100% Fruit Juice
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Fish Sandwich Whole Grain Bun  Zucchini Squash  Fresh Fruit	Chicken Teriyaki/Stir Fry Brown Rice Corn  Fresh Fruit	Beef Taco Taco Shell Mixed Green and Tomato Salad  Fresh Fruit	Chicken Patty Sandwich on Whole Grain Bun Carrots  Fresh Fruit	Turkey Hot Dog  Ultra Whole Grain Bun Baked Beans  100% Fruit Juice
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Roasted Turkey Mashed Potato Bean Salad Whole Grain Bun  Fresh Fruit	Chili con Carne with Beans Brown Rice Mixed Green Salad  Fresh Fruit	Hamburger on Whole Grain Bun Oven Fried Potato  Fresh Fruit	Spaghetti and Meatballs  Carrots  Fresh Fruit	Turkey Ham and Cheese Sandwich Celery Sticks  Fresh Fruit

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