<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>1 Grill Chicken Sandwich* Cheesy Breadsticks &amp; Marinara Entrée Salad (V) Steamed Broccoli Fresh Vegetables &amp; Dip Fresh Peach Pears</td>
<td>2 Pizza* Vegetable Lasagna &amp; Breadstick* Entrée Salad (V) Steamed Kernel Corn Garden Salad Fresh Banana Mandarin Oranges Freshly-baked Cookie* Breakfast Mini Cinnis* Cereal* &amp; Crackers*</td>
<td>3 BBQ Pork Sandwich* Fish Sandwich* Entrée Salad (V) Coleslaw Baked Beans Fresh Grapes Peaches</td>
<td>4 Crispy Chicken Sandwich* Hamburger* Entrée Salad (V) Potato Rounds Carrots &amp; Dip Seasonal Fresh Fruit Chilled Fruit Cocktail Ice Cream</td>
<td>5 Bagel* &amp; PB/CC Cup Cereal* &amp; Crackers*</td>
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<td>6 Labor Day</td>
<td>7</td>
<td>8 Beef Tacos* Chicken Fajitas* Entrée Salad (V) Steamed Kernel Corn Bell Peppers &amp; Dip GA Fresh Watermelon Applesauce Breakfast Sausage Biscuit* Yogurt &amp; Granola*</td>
<td>9 Pizza* Cheese Calzones &amp; Marinara Garden Salad Roasted GA Summer Squash Fresh Banana Pears Breakfast Breakfast Bun* Cereal* &amp; Crackers*</td>
<td>10 Chicken Tenders &amp; Cornbread Muffin* Tuna Salad Croissant* Entrée Salad (V) Steamed Cabbage Pinto Beans Mixed Melons &amp; Blueberries Pineapple Fruit Crisp Breakfast Chicken Biscuit* Cereal* &amp; Crackers*</td>
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<td>12 Meatless Monday Bean &amp; Cheese Burrito* Cheese Quesadilla* Entrée Salad (V) GA Corn-on-the-Cob Sugar Snap Peas &amp; Dip Fresh GA Apple Mandarin Oranges Tortilla Chips &amp; Salsa Breakfast Mini Pancakes* Cereal* &amp; Crackers*</td>
<td>13 Asian Chicken* Sweet &amp; Sour Chicken &amp; Rice* Entrée Salad (V) Edamame Succotash Fresh GA Green Beans Fresh Pineapple/Blueberries Applesauce Freshly-baked Cookie* Breakfast Sausage biscuit* Yogurt &amp; Granola*</td>
<td>14 Buffalo Chicken Bites &amp; French Bread* Jambalaya* Entrée Salad (V) Orange-glazed Carrots Black-eyed Pea Salsa Fresh Grapes Peaches</td>
<td>15 Cheeseburger* Turkey &amp; Cheese Sandwich* Entrée Salad (V) Sweet Potato Fries Fresh Vegetables &amp; Dip Hummus Seasonal Fresh Fruit Raisins</td>
<td>16 Scrambled Eggs &amp; Grits* Donut*</td>
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<td>17 Grilled Chicken Sandwich* Cheese Breadsticks* &amp; Marinara Entrée Salad (V) Steamed Broccoli Fresh Vegetables &amp; Dip Fresh Peach Pears</td>
<td>18 Beef Tacos* Chicken Fajitas* Entrée Salad (V) Steamed Kernel Corn Bell Peppers &amp; Dip GA Fresh Watermelon Applesauce Breakfast Sausage Biscuit* Yogurt &amp; Granola*</td>
<td>19 Pizza* Vegetable Lasagna &amp; Breadstick* Entrée Salad (V) Steamed Kernel Corn Garden Salad Fresh Banana Mandarin Oranges Freshly-baked Cookie* Breakfast Mini Cinnis* Cereal* &amp; Crackers*</td>
<td>20 Crispy Chicken Sandwich* Hamburger* Entrée Salad (V) Potato Rounds Carrots &amp; Dip Seasonal Fresh Fruit Chilled Fruit Cocktail Ice Cream</td>
<td>21 Bagel* &amp; PB/CC Cup Cereal* &amp; Crackers*</td>
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<td>22 Beef Tacos* Chicken Fajitas* Entrée Salad (V) Steamed Kernel Corn Bell Peppers &amp; Dip GA Fresh Watermelon Applesauce Breakfast Sausage Biscuit* Yogurt &amp; Granola*</td>
<td>23 Pizza* Mini Calzones* &amp; Marinara Garden Salad Roasted GA Summer Squash Fresh Banana Pears Breakfast Breakfast Bun* Cereal* &amp; Crackers*</td>
<td>24 BBQ Pork Sandwich* Fish Sandwich* Entrée Salad (V) Coleslaw Baked Beans Fresh Grapes Peaches</td>
<td>25 Beef Tacos* Chicken Fajitas* Entrée Salad (V) Steamed Kernel Corn Bell Peppers &amp; Dip GA Fresh Watermelon Applesauce Breakfast Sausage Biscuit* Yogurt &amp; Granola*</td>
<td>26 Breakfast Sausage Biscuit* Cereal* &amp; Crackers*</td>
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<td>27 Buffalo Chicken Tenders* Sloppy Joe Sandwich* Entrée Salad (V) Broccoli &amp; Cheese Carrots &amp; Dip Celery &amp; Dip Fresh GA Apple Peaches Breakfast Mini Waffles* Cereal* &amp; Crackers*</td>
<td>28 Beef Tacos* Chicken Fajitas* Entrée Salad (V) Steamed Kernel Corn Bell Peppers &amp; Dip GA Fresh Watermelon Applesauce Breakfast Sausage Biscuit* Yogurt &amp; Granola*</td>
<td>29 Pizza* Mini Calzones* &amp; Marinara Garden Salad Roasted GA Summer Squash Fresh Banana Pears Breakfast Breakfast Bun* Cereal* &amp; Crackers*</td>
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</tbody>
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*Denotes menu items that are at least 50% whole grain or contain grain/bread items that are at least 50% whole grain.

Menu choices are subject to change due to promotions and activities.

Want to know what flavor of pizza will be served? Contact your school’s nutrition manager.

"USDA is an equal opportunity provider and employer."
DID YOU KNOW?
Drinking milk isn't the only way to build strong bones! Combining calcium intake (from milk) with physical activities that promote bone strength is the best way to help bones grow.

Bone Strengthening Physical Activities:
- Jumping Robe
- Running
- Weight Lifting
- Impact sports, such as tennis, basketball, volleyball, soccer and/or gymnastics.

MILK FACTS
- Milk contains **calcium** and **vitamin D**. These two nutrients work together to build strong bones!
- Did you know an average cow produces 100 glasses of milk a day? That’s a lot of milk!
- The **riboflavin**, also known as vitamin B2, in milk helps your body convert the food you eat to energy.
- A glass of milk is great choice after playing outside because it has protein, which helps repair muscles.

LOCALLY-GROWN GEORGIA ITEMS
This month we are spotlighting...
- **Red Mule Grits** from Mills Farm in Athens, GA
- **Apples** from Blue Haven Orchard, Clayton, GA
- **Watermelon** from Franklin Farms, Habersham Co., GA
- **Bell Peppers & Cabbage** from Osage Farms, Rabun Gap, GA

Regional Items:
- **Summer Squash** from Deal Family Farms, Franklin, NC
- **Peaches** from South Carolina
- **Green Beans** from South Carolina

WELLNESS UPDATE
Wellness champions from each school will attend their first wellness workshop of the year on Tuesday, September 1st.

Agenda items will include:
- Develop wellness visions for SY16.
- Community Engagement Presentation by Felicia Blocker, Healthways Health Promotion Specialist
- Lunch Discussion with Dr. Lanoue. Stay tuned...we will post minutes from the meeting after it has concluded.

CONGRATS TO:
Barrow Elementary for receiving the **Georgia SHAPE PLATINUM AWARD**
Way to go!
Award schools will be recognized on 9/10 by the CCSD BOE.