

Nutrition Byte

Tips to Stay Healthy

Take steps to keep you and your family healthy and reduce your risk for illness.

- Avoid touching your face.
- Wait 6 feet away from others.
- Wash your hands with soap and water for at least 20 seconds. If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol, until you can wash your hands.
- Use healthy strategies to manage stress.
- Be active—at least 30 minutes daily for adults and 60 minutes daily for kids.
- Get enough sleep.
- Drink water, lowfat or fat free milk or 100% fruit or vegetable juice. Limit sugar-sweetened beverages.
- Eat a healthy diet, including whole grains, lean protein, lowfat or fat free dairy, and a variety of fruits and veggies.





September

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

K-12 Breakfast Menu

September 2020

	Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
	Cinni Minis 100% Fruit Juice Fruit	Breakfast Burrito 100% Fruit Juice Fruit	Mini Cream Cheese Bagel 100% Fruit Juice Fruit	Frudel 100% Fruit Juice Fruit
Monday, September 7	Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
	Berry French Toast 100% Fruit Juice Fruit	WG Cereal Yogurt Cup 100% Fruit Juice Fruit	Breakfast Boat 100% Fruit Juice Fruit	Pancake Bites 100% Fruit Juice Fruit
Monday, September 14	Tuesday, September 15	Wednesday, September 16	Thursday, September 17	Friday, September 18
Breakfast Tornado 100% Fruit Juice Fruit	Breakfast Bar 100% Fruit Juice Fruit	Omelet 100% Fruit Juice Fruit	WG Donut 100% Fruit Juice Fruit	Mini Pancakes 100% Fruit Juice Fruit
Monday, September 21	Tuesday, September 22	Wednesday, September 23	Thursday, September 24	Friday, September 25
Mini Waffles 100% Fruit Juice Fruit	Breakfast Sandwich 100% Fruit Juice Fruit	WG Cereal Poptart 100% Fruit Juice Fruit	Pancake on Stick 100% Fruit Juice Fruit	Breakfast Bosco 100% Fruit Juice Fruit
Monday, September 28	Tuesday, September 29	Wednesday, September 30		
WG Muffin 100% Fruit Juice Fruit	Cinni Minis 100% Fruit Juice Fruit	Breakfast Burrito 100% Fruit Juice Fruit		

1% Low-fat Milk & Chocolate Milk offered with Breakfast and Lunch

Menus are subject to change.

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