

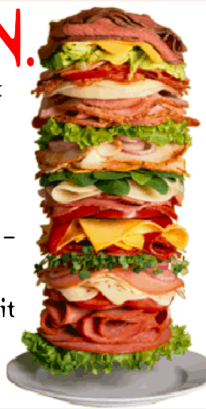
# Menus for September 2022

**CNMI Public School System, Child Nutrition Program**

This institution is an equal opportunity provider. Menus are subject to change.

## MODERATION.

We've often told you all about the many benefits of filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget – the SIZE of the plate and the AMOUNT of food you put on it matters, too. Enjoy what you eat, but try not to over-do it!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

### Thursday, September 1

#### Breakfast

Tropical Storm Fried Rice  
Fruit

#### Lunch

Pepperoni Pizza  
Vegetable Sticks & Dip  
Fruit

#### Secondary Second Choice

Buffalo Chicken Wrap  
Vegetable Sticks & Dip  
Japanese Salad  
Fruit

### Friday, September 2

#### Breakfast

French Toast with Syrup  
Sausage  
Fruit

#### Lunch

BBQ Chicken  
Red Rice  
Corn and Potato Salad  
Flavored Milk  
Fruit

#### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

### Monday, September 5

## HAPPY LABOR DAY!

#### Breakfast

Assorted Cereal  
Fruit

#### Lunch

Oven Fried Chicken  
Red Rice  
Corn  
Sauteed Spinach  
Fruit

### Tuesday, September 6

#### Breakfast

Ground Beef & Veggie  
Omelet  
Steamed Rice  
Fruit

#### Lunch

Marianas BBQ Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

#### Secondary Second Choice

Fire Alarm Pizza  
Vegetable Sticks & Dip  
Fruit

### Wed., September 7

#### Breakfast

Grilled Cheese Sandwich  
Fruit

#### Lunch

Beef Bulgogi with Bell Peppers,  
Bean Sprouts & Onions  
Steamed Rice  
Carrots  
Fruit

#### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

### Thursday, September 8

#### Breakfast

Grilled Ham with Fried Rice  
Fruit

#### Lunch

Spaghetti Bolognese  
WGR Roll  
Garlic Spinach  
3 Bean Salad  
Fruit

#### Secondary Second Choice

Chicken Kelaguen  
Titiyas  
Vegetable Sticks and Dip  
Japanese Salad  
Fruit

### Friday, September 9

#### Breakfast

Pancakes with Syrup  
Bacon  
Fruit

#### Lunch

Breaded Fish with Sauce  
Red Rice  
Potato Wedges  
Local Vegetables  
Flavored Milk  
Fruit

#### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit



### Monday, September 12

#### Breakfast

Assorted Cereal  
Fruit

#### Lunch

Chicken Alfredo with Spinach  
Garden Salad  
Local Vegetables  
Fruit

#### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

### Tuesday, September 13

#### Breakfast

Fried Rice with Chicken Nuggets  
Fruit

#### Lunch

Turkey & Gravy  
WGR Roll  
Mashed Potato  
Steamed Carrots  
Fruit

#### Secondary Second Choice

Thai Beef Noodle Bowl  
Bell Peppers & Carrots  
Mixed Vegetables  
Fruit

### Wed., September 14

#### Breakfast

Mac & Cheese  
Fruit

#### Lunch

Beef Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit

#### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

### Thursday, September 15

#### Breakfast

Sausage Patty with Garlic Rice  
Fruit

#### Lunch

Cheese Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

#### Secondary Second Choice

Hawaiian Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

### Friday, September 16

#### Breakfast

French Toast with Syrup  
Sausage  
Fruit

#### Lunch

Kung Pao Chicken  
with Bell Peppers  
Steamed Rice  
Sesame Broccoli  
Flavored Milk  
Fruit

#### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

*Remembering our Heroes on  
September 11, and showing our  
support for them*

*all year  
round.*

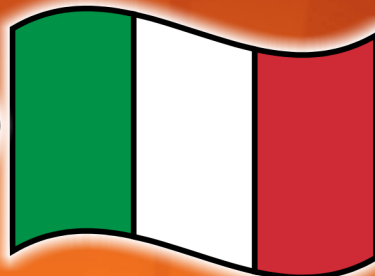




**What's on  
YOUR  
plate?**



**Q: How is a strawberry like the flag of Italy?**



**A:** As strawberries grow and ripen, they turn from green to white to red – just like the Italian flag! Strawberries are at their sweetest, juiciest best in spring, and just 8 medium berries provide 140% of the daily vitamin C you need!

## NOSE FOR FOOD

In many parts of the United States, if you see a big bird teetering unsteadily in the sky, it's most likely a Turkey Vulture.

They may be big, but they pretty much never kill their own food – they almost exclusively eat carrion (look it up!). Turkey Vultures are rare birds, in that they use a highly



developed sense of smell to find food – they can even smell carrion from the air under a forest canopy. Other birds (that can't smell anything) will actually follow the Turkey Vultures to a food source!

## ANIMAL APPETITES

**Monday, September 19**

### **Breakfast**

Assorted Cereal  
Fruit

### **Lunch**

Chicken Curry with  
Carrots and Potatoes  
Broccoli  
Steamed Rice  
Fruit

### **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, September 20**

### **Breakfast**

Fried Rice with Portuguese  
Sausage  
Fruit

### **Lunch**

Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

### **Secondary Second Choice**

Chickenburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Wed., September 21**

### **Breakfast**

Ham and Cheese Roll  
Fruit

### **Lunch**

Breaded Chicken with Gravy  
Mashed Potato  
3 Bean Salad  
WGR Roll  
Fruit

### **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, September 22**

### **Breakfast**

Sausage & Egg Scramble  
Steamed Rice  
Fruit

### **Lunch**

Beef Lasagna  
Garlic Cauliflower & Broccoli  
Corn  
Fruit

### **Secondary Second Choice**

Tuna Salad Sandwich on WGR Bun  
Sandwich Sides  
Japanese Salad  
Fruit

**Friday, September 23**

### **Breakfast**

Pancakes with Syrup  
Bacon  
Fruit

### **Lunch**

Chicken Piccata  
Garden Salad  
Local Vegetables  
Flavored Milk  
Fruit

### **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Monday, September 26**

### **Breakfast**

Assorted Cereal  
Fruit

### **Lunch**

Grilled Ham Steak  
Steamed Brown Rice  
Sweet Potato Fries  
Texas BBQ Beans  
Fruit

### **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, September 27**

### **Breakfast**

Sausage Links  
Garlic Fried Rice  
Fruit

### **Lunch**

Chicken Burger  
Potato Wedges  
Broccoli  
Fruit

### **Secondary Second Choice**

Subway Sandwich with  
Honey Onion Dressing on  
WGR Bun  
Vegetable Sticks & Dip  
Fruit

**Wed., September 28**

### **Breakfast**

Pan de Sal with Egg & Cheese  
Fruit

### **Lunch**

Beef Steak with Green Peas &  
Onions  
Red Rice  
Local Vegetables  
Broccoli  
Fruit

### **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, September 29**

### **Breakfast**

Tropical Storm Fried Rice  
Fruit

### **Lunch**

Pepperoni Pizza  
Vegetable Sticks & Dip  
Fruit

### **Secondary Second Choice**

Buffalo Chicken Wrap  
Vegetable Sticks & Dip  
Japanese Salad  
Fruit

**Friday, September 30**

### **Breakfast**

French Toast with Syrup  
Sausage  
Fruit

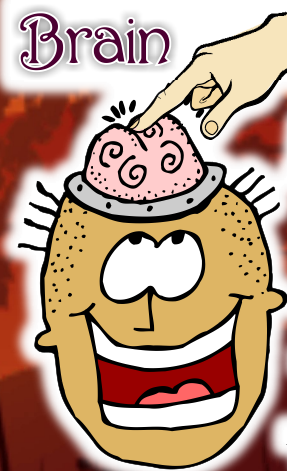
### **Lunch**

BBQ Chicken  
Red Rice  
Corn and Potato Salad  
Flavored Milk  
Fruit

### **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

## Brain Ticklers



Before Mt. Everest was discovered, what was the tallest mountain on earth?

(Hold the page upside down and read it in a mirror for the answer!)

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pals 10 ps "diggovlsd"  
Wt Svsrsaj 11 qidw!